

THE
Indian Nectar,
T. Howell. OR A *Harmonia.*
DISCOURSE
CONCERNING
CHOCOLATA:
WHEREIN

The Nature of the *Cacao-nut*, and the other Ingredients of that Composition, is examined, and stated according to the Judgment and Experience of the *Indians*, and *Spanish Writers*, who lived in the *Indies*, and others; with sundry additional Observations made in *England*: The ways of *compounding* and preparing *Chocolata* are enquired into; its Effects, as to its *alimental* and *Veneréal* quality, as well as *Medicinal* (especially in *Hypochondriacal Melancholy*) are fully debated. Together with a *Spagyricall Analysis* of the *Cacao-nut*, performed by that excellent Chymist, *Monsieur le Febure*, Chymist to His Majesty.

By Henry Stubble formerly of Ch. Ch. in Oxon. Physician for His Majesty, and the Right Honourable Thomas Lord Windsor in the Island of Jamaica in the West-Indies.

Thomas Gage, Survey of the West-Indies. chap. 15.
Here [in a certain part of *Guaxaca*] grow many Trees of *Cacao*, and *Achiote*, whereof is made the *Chocolatte*, and is a Commodity of much trading in those parts, though our English and Hollanders make little use of it, when they take a prize at Sea, as not knowing the secret virtue and quality of it for the good of the Stomach.
⚡ ——— Videant, intabescantque reliqua. ⚡

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To my Learned Friend Dr. Thomas Willis Doctor of Physick, and Reader of Natural Philosophy in the University of Oxon.



When I first entered upon the practise of Physick, I had the Honour of your Testimonial: and I now publicly acknowledge as well your favours, as that worth, which is universally known, and admired. Were I to celebrate your Panegyrick, I should not doubt to represent you as a second to Harvey: and I should not fear the resentments of others, if I compared him to Phrynis, whilest you are the Timotheus in Physick. But this is not my present Designe; but to tell you, I have finished the Discourse I promised you, of Chokolata: and I have augmented it beyond my thoughts, or yours. This Writing, as well as the Chokolata I presented to His Majesty, wants that perfection, which Time was to give it; I wish it have so good fortune, to please, as that did. I shall from Jamaica give you

a better Book, and (*I believe*) better Chocolata. And it is my resolution so to employ my self there, that I may not fail the expectation so many Eminent Persons have of me; nor will I ever see England, but with the satisfaction of having done something considerable.

That you may know how great Incentives I have to study, besides my own unspeakable inclinations; There are more then ordinarily interested in me, besides the King's Majesty; who alone is so great a promoter, and so competent a judg of merit, that to an Ingenuous Person there needs no farther inducement to deserve. But, besides Him, there is the Honourable Robert Boyle Esquire, Dr. Quatremain, Dr. Frasier, Physicians to His Majesty, and several other Honourable and Learned Personages. But, amidst so many concurring favourers, and abettours, if I tell you, that I allow a peculiar esteem, and remembrance for Dr. Willis, it is no more, then the real sentiments of one, who infinitely admires you, who is

Sir, your obliged humble

London, April
12. 1662.

Servant

Henry Stuble.



The Preface to the Ingenuous R E A D E R.

IT is long since, that I designed a particular enquiry into the nature of Man, and what it is, that we call *Life*, and by what means it is to be so preserved, that we may enjoy in this World an undisturbed health, and serenity of minde, together which those other comforts, the promise whereof is peculiarly annexed to the fifth Commandment, according to the Septuagint; Honour thy Father, and thy Mother, that it may be well with thee, and that thy days may be long in the Land, which the Lord thy God giveth thee.

This felicity, since that God put so great a value on it, that he generally in Scripture makes it a Type of the Celestial enjoyments hereafter, and illustrates them hereby, as being no odious Comparisons; and since the result of Solomon's wisdom, regulated by inspiration, and experience, amounts to this; That he hath perceived, and seen, that it

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Eccles. ch. 2. v. 24. ch. 3. v. 12, 22. ch. 5. v. 17. ch. 8. v. 15. is good, and comely, and that There is nothing better for a man, then that he should eat, and drink, and enjoy the good of all his labour; upon these Considerations, I did think it merited my peculiar regards: and howbeit the preached, but unpractised (and in many parts false, and fictitious) Doctrine of Mortification did seem to condemn such Enquiries; and the promulgation of them might seem to encourage, or instruct men in Sensuality, (a thing inconsistent with Christianity, and that course of life, which I have followed so, as that Presbytery it self, that is, Malice and Dis-ingenuity heightened with all the circumstances imaginable in men on this side hell, could never fix the least imputation upon me) yet I thought, I ought not too much to respect accidental abuses; not to regulate my self by what seemed fit, or true to others, but what was really so, and conformable to God's word, and the primitive practise: both which (if we make not the Opinions of Monks, and men retired unwarrantably extra seculum, to be the sole Standard of truth, and practise) did not repugn with my designed Speculations.

The late changes in our Nation have disengaged me from my former adherencies; and

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and I have no longer a regard, or concern for Sr. Henry Vane, or Gen. Ludlow, then is consistent with my sworn Allegiance. And I think, His Majesty is of so generous a nature; and of so transcendent a Grandeur, that I shall as little offend him by this Declaration, as I shall by the following course of my life, wherein I shall make Him all those returns, that the most deserving, and the most obliging person, and Prince, may expect from an ingenuous and resentive Servant, and Subject. It is but fitting, that so unparallel'd a candour, as His Majesty hath practised, should meet with reciprocal acknowledgments: and however it be accounted the fate of Kings, to do well, and to be ill spoken of; I think it a very hard destiny: and, though I have a very despicable opinion of the present age, yet I hope it will not be guilty of any such unworthiness towards our Sovereign. I shall make it my publick Profession, Never did any (saving, that I never violated a sworn Allegiance, nor took the Covenant, nor subscribed the Engagement) never did any ever offend, or experiment a greater Goodness. I go not about to extenuate my Crimes by saying, Rebellion loses its name, where Presbytery is opposed;

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or, that *The attempt in me was but the acknowledgment of uncommon favours received from others.* I am indebted to His Majesty for more, then an *Act of Indemnity and Oblivion.* His *Liberality* hath prevented my Services, and I already have had that Honour and Reward conferred on me, which to deserve I must change my *resolutions* into *actions*, and be what I intend. Were my *King* of a *less merit*, I should fear, that what I say might be apprehended not as the *dictates of Truth*, but occasioned by a *sence of Duty*, or *Flattery*: but he possesseth all *Heroick Virtues* in so peculiar a maner, that *Envy* it self must say, that it is want of *Time*, or *deficiency of Language*, not want of a *besitting Subject*, which makes me to enlarge no further.

I promised my ever-Honoured and Learned Friend Dr. *Willis* an account of *Chocolata*: and being detained beyond my expectation at *London*, to receive the benefit of what His Majesty had given me by way of *Advantage* to go into *Jamaica*, the Right Honourable the Lady *Windsor*, a Lady, that owes her *Elogy* and *Title* not more to her *Degree*, then *Worth*, gave me occasion to renew those intentions, and to make some *Essays* in compounding *Chocolata*; which first found

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found her approbation, and then the Kings, Had I written before, I could only have given an account what others had said, or done; now I can vouch my own *experience*, and that I am not altogether unacquainted with what I *write of*. I know, that *Time* and *Opportunity* might have polished the *Work*, and better'd my *Enquiries*. If I was *impatient* to do *nothing*, I had not leasure almost to do any thing. I have given as good an account of things, as I could either from my *own little tryal*, or the *report of others*. I have represented each *Authour* in his own words: and where I seem to speak concerning the modern practise in *Spain*, my intelligence is not the less true, because the margin doth not warrant it by some citation. Sundry *Digressions* are rather attempted, then pursued; but, if I live any time in *Jamaica*, I shall in a second edition correct the imperfections of this; many whereof are unavoydable to me, because I have not seen the *Ingredients* of *Chocolata* growing, nor made such *Analyses* of them, as are requisite to discover their nature.

I write not out of a designe to advance the repute of our *West-Indy* Commodities in the making *Chocolata*. What I say is the
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Assertion of others, who did not intend by their Writings to serve the *English* Interest in *Jamaica*. The *Spanish* Dr. *Juanes de Cardenas* says as much as I do, viz. that Persons of a *vigorous* and *healthy* Constitution ought not to drink the same *Chocolata* with others of a more *cold* and *phlegmatick* Complexion: but to have a Composition of their own mixed with fewer Spices, and those of *West-Indy* growth (which, he saith, were created for that use) and to be taken with *Atolle*. His words are *Los tales* (sc. those of a Complexion inclined to heat) *bebale con Atolle* (that being of a temperate nature) *y echenle m i poca especie, y essa antes seade la tierra* & sc. of *Jamaica*, or *Tabasco*) *que de Espanna, por que la de acapance, que solo fue criada para esso*.

Nor have I more endeavoured to serve myself, then the *Island* in the subsequent Discourse: for I obtrude not on the world a bad *Chocolata*, having shewed the errors and hazards in the vulgar compositions, but what his Majesty approved (a) [then whom

(a) It is the same, that is used in *Mexico* and brought from *Guaxaca*

to the *Spanish Court*, and now used there: it varies in nothing, but what is more peculiar to the *Spanish*, then *English* gust. I call it *Chocolata-Royal*, because the *Spaniards* do so, whom I follow; and it is usual with that Nation, to express an excellent *Manjar* by the Title of *Royal*.

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there can be no more competent Judge] and what hath received the commendation of others well-acquainted with the variety of *Chocolata*, sold, and made in this Nation. I have set down the ways of *Ledesma*, and *Zacchias*, and the way, by which the *Chocolata* is commonly made. And I have left in the hands of an *honest* though *poor* man, *Richard Mortimer* in *Sun-Alley* in *East-Smith-Field*, both my common-*Chocolata-receipt*, and that other of *Chocolata-Royal*; both which are fitted for the use of such as are in health, or not of a very weak stomach, being made up with *milde Spices* of *Jamaica*, and such, as may securely be used by the most healthy. They, who would have particular *Chocolatas* made, may have recourse to him, and rely upon his honesty to prepare them carefully according to my Method: which, though infinitely laborious, he is resolved to follow. I chose him, because I found him, of all others, tractable to observe my directions, and to make what Experiments I pleased: he lived in *Spain* many years, and is as *skilful*, as *honest*. He will attend on any *Physician* of note to receive his directions, as also to inform him, (if he would vary from my ways by any addition) what

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what may be added, and *what* quantity to each proportion of *Chocolata*.

I gave him the *Receipts* not only as a *reward* for the pains and trouble I put him to ; but out of a sense of *publick utility*, there being so many frauds in the making of it : it being so ill wrought up (whence comes the *setling*) besides the mixture of several *Ingredients* either *hurtfull*, or *impertinent*. The way I make my *Chocolata-Royal* agrees almost altogether with that, which is followed in the *Court of Spain*, where the mixture of *Anise-seeds*, *Nutmeg*, and *Maiz* is disused, and confined only to the common *Chocolata-sellers*. Whilest (to give you the words of a *Learned Spaniard*) *This other Composition* seems to have all that perfection, which attends the last designs, and contrivances of *Men*, after many fore-going tryals ; and which is observed to displease no body : all the change of *Ingredients* for so many years past did but prepare way for this ; which he observed to continue in a very good body, the *Ingredients* exactly fermenting, and having an excellent scent: and the Taste is neither hot, and biting, nor totally insipid. I shall not vary any thing from my way here in *England*, but perhaps at *Jamaica* I may im-

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improve it much, both in the *making it up*, (which I suppose may better be done there, then here ; but will give no reason, till I see it to be true) and in the adding some *Ingredients* ; which if it succeed, I shall take care, that *England* know it, and have the benefit thereof.

Because that *Richard Mortimer* lives so far off, I have appointed, that his *Chocolata* of both sorts shall be to be sold at *Captain Beckford's* at the *Custom-house-key* : the best *Chocolata*, call'd *Chocolata-Royal*, will cost six shillings six pence each pound, weighing about thirteen ounces, or somewhat more : the ordinary *Chocolata*, weighing about fifteen ounces each pound, will cost three shillings and eight pence. And in the same place they may be furnished with the best *Cacao-nuts*, which I could yet ever see in *London* ; and also with *Jamaica-Pepper*.

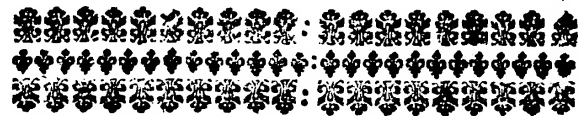
I shall conclude with this Premonition : that the ensuing *Discourse* was written at a great distance from my own *Library*, in a place, where frequent interruptions, and diversions scarce ever yielded me an hour's leisure entire to my self : and, as this is a sufficient excuse for its many imperfections, so it must particularly Apologize for several

several Repetitions, which will occur; for having not time to review what I had, written, and being willing to omit nothing, I have, I believe, repeated several times the same thing. But, *if it please God*, I arrive safely at *Jamaica*, and enjoy that settlement, which I promise my self from the right Honourable the *Lord Windsor*, (my singular good Friend, and Patron, and the worthy Governour of *Jamaica* under His Majesty; one in whom concur those Qualities, that might justly recommend him for so important a charge to the choice of the best and wisest of Princes, Loyalty, Valour, Prudent Conduct, Moderation, and Affability; and under whose Government no Man ought to entertain other despair, than what his own worthlessness creates in him) when I shall be safe and secure there, and amidst my own Books, as well as the *Simples* mentioned here, then I will revise, and so enlarge this Work, that nothing shall be wanting thereunto.

*Nunc te marmoreum pro tempore fecimus; at, tu,
Si foetura gregem suppleverit, aureus esto.*

And, as I shall endeavour wholly to oblige

lige man-kind with further Observations and Enquiries concerning *Chocolata*: so, I hope, my example will stir up others to the like performances; and that Persons of ingenuity will either publish their *Observations*, or direct them to me, and leave them either with the *Lady Windsor*, or with Mr. *Andrew Crock* in *St. Paul's Church-yard*, *Book-seller*, to be sent to me, that I may not be ignorant of what effects *Chocolata*, or its particular Ingredients have here in *England*; what new preparations and mixture of the *Cacao-Nut*, or *Spirit*, or *Oyl* are successfully contrived, or ingeniously, to inform, or otherwise benefit men: and I do here solemnly profess, that I shall render all such Persons their due acknowledgment in publick, and shall readily serve them any way, during my being in *Jamaica*.



A

DISCOURSE

CONCERNING

CHOCOLATA.

C H A P. I.

*Concerning the Name of Chocolata, and its
being universally used.*

THe drink called ordinarily *Chocolata* is by the *Indians* called ^a *Chocolatl*: and is compound- ^a *Hernandez herb. Mexic. l. 3 c. 46. Gul. Piso in Mantifs. A- can language signifies water; romat. c. 17.*
 ed of *Atte*, as some say, or, as ^b *Gage's Sur-vey of the West-Indies, c. 16.*
 others, *Atl*, which in the *Mexi-*
 can language signifies *water*; ^c *romat. c. 17.*
 and from the *sound*, which the *water* (where-
 in is put the *Chocolata*) makes, as ^b *Choco*, ^b *Gage's Sur-vey of the West-Indies, c. 16.*
Choco, *Choco*, when it is stirred in a cup by
 an Instrument called a *molinet*, or *molinillo*,
 untill it bubble, and rise into a froth. I shall
 not pursue other derivations of the name, it
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It is called being sufficient, that we understand one and the same thing by the several appellations of *Chocolatl*, *Chocolata*, (so it is usually called) *Chocolutte*, as Mr. Gage names it; or *Succolata*, *Chocholate*, as *c Acoſta*; or *Succulata*; as *d* and *Chuculate* *Mynſicht* terms it; or *e Cacaotl*, and *f Cacaoatl*, and *g Cacauatl*: all which names it bears in the Mexican Herbal, as well as that of *Chocolatl* aforesaid.

In America several Countries have several drinks made out of roots and fruits variously prepared. The Northerly ^h tract thereof principally seems to use the drink called *Chocolata*, in New-Spain, Mexico, and the neighbouring Provinces. If we may believe Dr. *Juanes de Barrios*, who lived in those parts, it hath been immemorially drunk in the Province of *Guatemala*, and as particularly appertains to that Country, as *Mead* to *Lithuania*, and *Ale* to *England*; however it may have diffused it self into other parts. And indeed it hath prodigiously spread it self not only over the *West-Indies*; but over *Spain*, *Portugal*, *Italy*, *France*, high and low *Germany*, and *England*, yea *Turky*, and *Persia*: and hath been recommended by sundry learned ^k Physicians to the world. So that it may well merit our regards to enquire into the Nature and Reason of a drink endeared unto us by so great a repute, as the General usage of the Nobility and Populace of both Sexes, and the Authority of the learnedst and most observing persons can give it.

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It is so generally used in the *Spanish Colonies* of the *West-Indies*, by the Natives, and other Inhabitants; that it alone makes up both the necessary provision for their sustentances, and their delicacies for extraordinary entertainments for pleasure. This is confirmed by the general vogue of the Indian writers: and whosoever shall have read Mr. Gage will no longer doubt it, when he shall find, besides the particular Chapter, in which he designs a special account of it, (most of which is transcribed out of *Anton. Colmenero de Ledesma*) how at sundry times he was treated there, with by way of a magnificent collation: and, being to travail, he makes a store of *Chocolatte* to be as important a care, as any for a journey. In *Spain* it is drunk all Summer, once, or twice a day; or indeed at any time, by way of entertainment: for however Physicians there endeavour to confine the people to Rules, yet is it generally drunk without regard to any: and it is there, as well as in the *Indies*, all the year long. It is drunk, by the allowance of the Physicians, once, or twice each day: and by the prevalence of custome, as often as there is occasion for entertainment, or that one is tyred through business, and wants speedy refreshment. There is a controversy about the convenience of taking it in Summer; since *Anton. Colmenero* disallows it beyond May. But others, as learned and observing as he, permit it all the year: and for Experience

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(which he takes notice of) they vouch the general practise of *Sevil*, both of the King, Court, and City. *Nobis videtur consultissimum omni ætatis tempore potionem sumere Chocolatis. Et, si ad comprobationem valet Experientia, hoc in communi vita civium Hispanensium (cum sit hæc calidissima regio) ita feliciter sentitur ab omnibus, ut illo carere sit apud illos infelicitas major. Et huic accidit, quod illo tempore sit hominum natura laxa maxime, & fere dissoluta: & si verum fari licet, neminem per hæc tempora video a Chocolate abstinere, neque inter intemperantes Proceres, neque temperatissimos Hispaniæ Reges, nec mediæ fortunæ cives. Et nobis certe videtur, nullo magis tempore, quam æstate prodesse Chocolate.* 'I think it most fit to take *Chocolate* all Summer long. And, if we recurr to Experiments, this is the general practise of the 'Inhabitants of *Sevil* (which yet is a most 'hot country) so that they count it a great 'misfortune to be deprived of it. Besides, at 'that time of the year, our bodies suffer a 'greater exolution of Spirit, and are more 'relaxed in their Pores, then at other times. 'And, to speak the truth, at this time of the year, I observe, that neither the most intemperate Courtiers, nor the most temperate 'Kings, nor vulgar Citizens do refrain it. 'And I think it never more necessary, then 'at that season of the year. To evidence further the prevailing use of *Chocolate*, we are to know, that in *Spain*, as well as the *Indies*, people

people will not refrain it on *fasting-daies*; and it is become a *Case of Conscience* managed with more then ordinary contests, Whether the taking of *Chocolate* be a violation of *Ecclesiastical Fasts*? The *Moralists* and *Physicians* divide upon it: nor is there one considerable Argument produced for the necessity of taking it on *Fast-days*, and so of reconciling it to *Ecclesiastical Fastings*, but that of custom: which how authentique an argument it is in this Case, I leave to the disputes of others; being content to have proved the universal acception of this drink amongst the most sober and wisest of men.

CHAP. II

Concerning the Composition of *Chocolate*,

BEing now to speak more particularly of *Chocolate*, to prevent ambiguities, I must tell my Reader, that however I have in the foregoing Chapter spoken of *Chocolate* as a drink, accordingly as it is ordinarily mentioned by Writers, and in vulgar speech; yet now I shall speak of it as a *paste*, or *mass*, made into *cakes*, *lumps*, *rouls*, *lozenges*, or enclosed in *boxes*, (as it pleaseth the worker to make it up) which is to be dissolved in the water, and so makes but a part of the potion, or drink, yet is ordinarily termed *Chocolate*, though not without some impropriety

priety of language, if we credit the already-mentioned derivation of *Chocolatl*.

The *Indians*, as they in all things almost affect a *simplicity*, so in the making of *Chocolata* they did not multiply *Ingredients*; and cared rather to preserve their health, than to indulge their palates: of which they have been so solicitous, that, had not the *Spanish* luxury and curiosity varied its composition with multiplicity of mixtures, either we had never been acquainted with this drink, or we must have been contented to be treated, as the invincible Cortez was by *Moteczuma*, the last and most illustrious King of Mexico. Bernaldus del Castillo, one of Cortez his Souldiers, relating his own exploits under that famous General, in his Chapter entitled, *a De la manera y persona del grande Moteczuma, y de quan gran Sennor era*, makes report of the stately Banquets of that Prince; and adds, *Trianle frutas de todas, quantas avia en la tierra, mas no comia, si no mui poca, y de quando en quando: traian unas como copas de oro fino, con cierta bebida bucha del mesmo Cacao, que desian era para tener acceso con mugeres, (en este lengua se habla) enforces no miravamos en ello mas lo que yo vi, qua traian sobra cinquenta jarros grandes bechos de buen Cacao, con su espuma, y de lo que bebia, y las mugeres le servian al beber con gran ocato: y al tiempo del comer le assistian algunos Indios, truanes que le desian gracias, y otros que le cantavan, y bailavan,*
per

Chap. 91.

por que el Moteczuma era mui aficionado a placer; y aquellos mandava dar de los relieves, y jarros de Cacao. That is,

They brought in the several sorts of fruits, which they had in their Country, but they eat but a very little of them, and that but leasurely, and at intervals: they brought some in cups of fine gold, with a certain drink made of the *Cacao* it self, which they said was effectual to provoke lustful desires towards women (as they told us in their language) in which we admired nothing more, then that they brought in above fifty great jarrs made of good *Cacao*, with its froth, and that they drank it, the women serving them with a great deal of respect: and when he [*Moteczuma*] did eat, several *Indians* stood by him, which gave thanks, and others, which sung to him, and danced before him, *Moteczuma* being much given to pleasure: and he commanded the reliques of his feast to be given away, and the jarrs of *Cacao*.

And a little after he saies, *Luego comien los de su guarda, y otros muchos sus serviciales de casa, y me paresce, que sacavan sobre mil platos de aquellos manjares, que dicho tengo: pues jarros de Cacao, con su espuma, como entre Mexicanos, se haze mas de dos mil, y fruta infinita.* That is,

Afterwards his Guards, and other servants did eat, and, I think, they had above a thousand dishes of the aforesaid delicacies.

After which they had brought to them jars of *Cacao*, with its froth, according to the *Mexican* fashion, to the number of two thousand at least, besides an infinity of fruit.

Here is no mention of any thing, but jars of *Cacao* together with their froth: which could not have frothed so, had they not been preparations of *Cacao* nuts made into a *paste*, and reserved in *cakes* for the sudden use of a thousand cups; they were dissolved in water, and frothed by agitation of the *molinot*: for without such agitation the *Cacao* would not froth, nor would it continue in a froth, unless that some of the meal of *Indian* wheat, or *Maiz* made into *Atolle*, were mixed with it. And this I find to have been the first composition of *Chocolata*.^b In

^b *Hernandez*
l. 3. c. 46.

^c I know not what this *Pocholt* should be, if it be not *Maiz* (there being as great variety of names, as Kingdomes in the *Indies*) or *Paniso*: both which I find to have been put into the *Chocolata* of old,

acute diseases to assay heat and fervour, and in hot distempers of the liver, they gave the *Cacao* nut, punned and dissolved in water, without any other mixture. In case of the bloody flux they mixed the said nuts with a gum called *Olli*, and so cured them miraculously. Nor did they acquiesce in simple preparations of the said *Cacao* nut; they took of *Cacao* nuts, and a grain called *Pocholt*, of each an equal quantity, & grinded them together in equal proportions; and, when they used it, they took that paste, and dissolved in an earthen vessel, and agitated it with a *molenillo*, till the more oily parts and fatty did swim on top: then did they take of the said unctuous part, and put

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to the rest some meal of *Indian* wheat, and having reduced it to a potable liquor, they did remix the oil, or fat, taken off before, and so drunk it luke-warm. And this is the *Chocolatl*, of which *Hernandez* speaks, and calls peculiarly by that name in his Chapter concerning *Cacaua Quabuitl*, or the *Cacao*-tree. And that this was the primitive *Chocolata* seems evident from what ^d *Benzonus* ^d *Benzonus* l. 2. says, who lived there amongst the first Planters. He travailed through the Kingdom of *Nicaragua*, and observed, that they made a certain cooling-drink of the *Cacao* nuts: they grinded the nuts into a paste, and, when they used it, they dissolved it (being powder'd) and milled it, tempering it by little and little with water in an *Indian* cup: and sometimes they added a little pepper; and this was their ordinary drink; which they did drink themselves, and gave to wearied travellers, as well as to the sick. This they offered to *Benzonus*, and when he with an abhorrency refused such a drench, they admired, and laughed at him. But certainly it was not improved to any deliciousness of taste, since he saith it was bitterish, and that it was more fit to be hogs-wash, then drink for rational men. The same may be collected from ^e *Acosta*, who saith, that ^e *The* ^e *Histor. Ind.* chiefest use the *Indians* make of *Cacao* is in l. 4. c. 22. a drink, which they call *Chocholate*, whereof they make great account in that countrey, foolishly, and without reason: for it is loathsome.

Mr. Gage, speaking of the ordinary Indians of Guatemala, yet it is a drink very much esteemed amongst the Indians, wherewith they feast Noble-men as they pass thorough their country.

poor simple Chocolatte, without Sugar, or any compounds, or of Atole, untill their bellies be ready to burst. And in the same Chapter, a little before, he says, they call their neighbours to Chocolatte, and finish an house without any charges, more then of help them, which they minister in great cups of above a pint, not putting in any costly materials, as do the Spaniards, but only a little Anise-seed, and Chile, or Indian pepper: or else they half fill the cup with Atole, and pour thereon as much Chocolatte, as will fill the cup, and colour it.

This is that original *Chocolata*, to the use whereof the Indians were brought, not by any delicacy of the tast, but evident testimonies and use of its great utility. *Hujus potionis longa experientia satiati, utilibus admoniti*; so saith Dr. Juanes de Barrios, who lived there immediately after the conquest; as also did Hernandez, and Benzonus, and Acosta.

It is then clear, that the Indian ordinary *Chocolata* was made of the *Cacao* nut, and meal of Indian wheat, and water, and *Pocholt*, and now and then some Pepper called *Chille*, which was put in, more, or less, according to the necessity of the Patient's stomach, or other circumstances: So that they made divers sorts of it, some hot, some cold, some temperate, and put therein much of that Chili, or Chille. So saith Acosta in the place

place above-mentioned. And I observe, that Hernandez, though in the making up of *Chocolatl*, where he speaks of the composition of it, (which is to be supposed the ordinary one, because absolutely and indefinitely mentioned there) he add no more Ingredients, then I have already mentioned, yet in other places he tells us that for weak, ^f phlegmaticque, and windy stomachs, they added *Xochinacaxtli*, or your ^g *Orichelas*: ^g Gage calls them *Orejuelas* so they added *Tlilxochitl*, or the ^h *Vaynillas* ^h Id. l. 2. c. 17. for the like ends, and to strengthen the brain, and womb. To give it an adstringency, and to strengthen a stomach debilitated, and prone to a flux, or *diarrhea*, they added ⁱ *Achiotl*, or *Achiote*. So, in case of cold ⁱ Id. l. 3. c. 41. Stomachs, and Phlegmaticque Obstructions, they added ^k *Mecaxochitl*; which Anton. de ^k Id. l. 5. c. 13. Ledesma and Gage call *Mecasuchill*: and Paulus Zacchias, *Mecaculte*. And, in case of Coughs, they added ^l *Tepeyantli*. But, besides ^l Id. l. 5. c. 41. these drinks, confessedly owned by Hernandez under the name of *Chocolata*, there is another, which however it be not reckoned as a sort of *Chocolatl*, but distinct from it, yet was it made of *Cacao* nuts, and seems to have been a leading drink to the *Chocolata* now in use: and it is called by Hernandez the ^m compounded *Atatexi*. The simple ^m Id. l. 3. c. 46. potion of *Atatexli* is made of one hundred *Cacao* nuts, crude, or prepared, and beaten well, and so mixed with as much prepared *Maiz*, as can be taken up betwixt both hands

hands joyned together. *Compounded Atatexli* was made by the addition of *Mecaxochitl*, or *Mecafuchill*, *Xochinacatzli*, or *Orichelas*, and *Tlixcochitl*, or *Vaynillas*. These were powdered, and mixed with the rest afore-mentioned Ingredients of simple *Atatexli*, and being well milled, they powred them out of one vessel into another, lifting it up on high, that so it might richly froth, and the more fat and oily parts swim on the top, and render it more pleasant. This Potion was not used for sustenance alone, or as a drink invented by an enforcing necessity, but, out of a luxurious designe, to provoke lust: whereas the simple *Atatexli* did refrigerate.

I must beg pardon of my Reader for representing to imperfectly the aforesaid *Indian* drinks; for the *Mexican Herbal* is so defective, as it is published in *Latin* (for the *Spanish* is incomparably better, if I may judge thereof by some citations, I have seen) that I have the satisfaction by omitting nothing that is material in that book; that whosoever, with *no greater helps* than I have, should engage in the same affair, would not discharge the employment better than I have done.

When I consider the aforesaid *compounded Atatexli*, and compare it with the present compositions of *Chocolata* at this day recorded, I cannot think, but what we use at present is the descendent of that *Atatexli*, and

and not of *Chocolatl*: for the Ingredients are *Cacao-nuts*, *Mecaxochitl*, *Orichelas*, and *Vaynillas*, are the same; the manner of using it the same: and, at this day, the *Indians* and *Black-moors* ^{n Gage c. 16.} do mix *Maiz* with their *Cacao-nuts* in the grinding, putting in withall *Achiote*, *Anise-seeds*, and a few *Chiles*, or red Pepper.

And, now I come to speak of the present ways of making *Chocolata*, I shall represent those ways, which are authenticated by Physicians; and among these that of *Antonio Colmenero de Ledesma* first occurs-

o To every hundred nuts of *Cacao* he put ^{o Gage c. 16.} two cods of *Chile* called long red Pepper, ^{Piso in Mant.} one handful of *Anise-seeds*, and *Orichelas*, or *Orejaclas*, and two of the flowers called *Mecafuchill*, one *Vaynilla*, or instead thereof (if the party were costive) six *Alexandrian* *Roses* beaten to powder, two drams of *Cinnamom*, twelve *Almonds*, and as many *Hasel-nuts*, half a pound of *Sugar*, and as much *Achiote* as would colour it. ^{Ar. c. 17.}

Paulus Zacchius in his *Italian Discourse* about *Hypochondriacal Melancholy* doth propose this way.

P Take twelve pound of *Cacao* nuts finely ^{pPiso in Mant.} powdered, of *Cinnamom* finely powdered ^{Aromat. c. 17.} one pound, half a pound of *Anise-seeds*, six *Vaynillas* finely powdered, four handfuls of the flowers of *Mecacuce*, or *Mecaxochitl*, of *Maiz* three pound, one pound of

of *Aionzoli* (or half a pound of sweet Almonds) bruised and well beaten, of *Achiote* half an ounce, of Sugar four pound, or as you please.

Instead of *Mecaxochitl*, and the *Vaynillas*, he allows to substitute one Nutmeg, and twelve Cloves. Out of these he bids us frame a mass.

Besides these Prescripts, other Receipts put in other Ingredients with a great variety, and difference one from the other : some put in a proportion of *black Pepper* ; some of *long Pepper* ; some retain that of *Chilli*, or long red Pepper ; *Cinnamom*, *Cloves*, *Almonds*, *Hasel-nuts*, *Orejuela*, *Vaynillas*, *Musk*, *Amber-grease*, *Orange-flower-water*, are things usually put in, or omitted ; as also *Nutmeg*, *Limon* and *Citron-pill*, *Cardamoms*, *Fennel-seeds*, *Chymical oyls* of *Nutmeg* and *Cinnamom*, and the most delicate Spice called *Jamaica-pepper* ; nay and *Achiote* too is sometimes left out, or changed for *Santal*s, according to the devise of the *Chocolata-maker*, or particular exigency of the Patient's disease.

g They are
out pitifully
prepared, for
they cannot
afford to pick
or hull their
nuts, nor to
searce them :
for they sell it
in the *Chocolata*-
seller for two
shillings, or
half a crown,
each pound ;
the *Dutch* for
eighteen,
nay twelve
pence : nor do
they know the
difference betwixt
one sort of
nut, and another.

per :

per, and as much of *Cloves*, *Nutmeg*, and *Limon-pill*, some colour it with *Achiote* ; some decline to do so, some put into each pound, to make it extraordinary, six grains of *red Pepper*, or *Chiles*. The *Jews* at *Amsterdam* put in *Bean-flower* usually, instead of *Maiz*.

In the making of it up these Directions are given by Mr. *Gage*.

‘ The *Cacao* and other Ingredients must
‘ be beaten in a mortar of stone, or (as the
‘ *Indians* use) ground upon a broad stone,
‘ which they call *Metal*, and is only made
‘ for that use : but first the Ingredients are
‘ all dried, except the *Achiote*, with care,
‘ that they may be beaten to powder, keep-
‘ ing them still in stirring, that they be not
‘ burnt, or become black : for, if they be o-
‘ ver-dried, they will be bitter, and lose
‘ their virtue. The *Cinnamom*, and the
‘ long red Pepper are to be first beaten, with
‘ the Anise-seed, and then the *Cacao*, which
‘ must be beaten by little and little, till it be
‘ all powdered : and in the beating it must be
‘ turned round, that it may mix the better.
‘ Every one of these Ingredients must be
‘ beaten by it self, and then all be put into
‘ the vessel where the *Cacao* is, which you
‘ must stir together with a spoon, and then
‘ take out that paste, and put it into a Mor-
‘ tar, under which there must be a little fire,
‘ after the Confection is made : but if more
‘ fire be put under it, then will warm it,
‘ then

' then the unctuous part will dry away. The
 ' *Achiote* must also be put in in the beating,
 ' that it may the better take the colour. All
 ' the Ingredients must be searced, except the
 ' *Cacao* : and, if from the *Cacao* the dry shell
 ' be taken, it will be the better, where it is
 ' well-beaten, and incorporated (which
 ' will be known by the shortness of it) then
 ' with a spoon (so in the *Indies* it is used)
 ' is taken up some of the paste, which will
 ' be almost liquid, and made into Tablets,
 ' or else without a spoon put into Boxes,
 ' and when it is cold it will be hard. Those,
 ' that make it into Tablets, put a spoonfull
 ' of the paste upon a piece of paper, (the
 ' *Indians* put it on the leaf of the plant in
 ' the tree) where being put into the shade,
 ' (for in the Sun it melts, and dissolves) it
 ' grows hard : and then bowing the leaf,
 ' or paper, the Tablet falls off, by reason of
 ' the fatness of the paste; but, if it be put into
 ' any thing of earth, or wood, it sticks fast,
 ' and comes not off without scraping, or
 ' breaking.

I never saw any *Chocolata* made up in a
 mortar, my self; nor do I understand how
 the mixture can be accurately made therein.
 Some beat the Spices severally in a mortar,
 and searce them curiously : but, as the ve-
 hement agitation of the pestle doth dissi-
 pate the more subtle parts, (and it is long
 in doing) so it doth not equally break them
 into small particles, notwithstanding
 their

their passing the searce : I conceive it a
 much better way, to beat the greater Spice
 grossly, and afterwards to mix the *Vaynil-
 lus*, cut into pieces, and dried, and so to
 grinde them on a stone-table (such as are
 made on purpose to make up *Chocolata*) and
 so with less trouble, and less dissipation of
 Spirits, and subtle parts, (a gentle fire being
 under) will they grinde to an impalpable
 Powder, (each acting upon other in the
 grinding, as well as being pressed by the
 iron rowler) and, besides that, mix most
 accurately. The Spicery being thus prepa-
 red, the *Cacao* nuts are dyed either on a
 digesting furnace, or in a kettle over the fire,
 stirring and turning them carefully, that
 the nuts may so dry as to shell, but not to
 burn : for then the *Chocolata* will be bitter.
 Being pill'd, or shell'd, the nuts, being cold,
 will beat to a powder, which you may searce,
 (as you do the Spice) which is the best way,
 and practised by the best *Chocolata*-makers in
Spain, and by my self always. The *hulls*
 also, many of them, are beat by themselves,
 & mix'd afterwards with the nut, and Spice,
 to compound *Chocolata* ordinarily in *Spain*,
 and by many in *England*, to make the com-
 mon *Chocolata*. And Mr. Gage, and Pifo,
 whilst they say it is better to leave out the
hulls, leave us to conjecture, that many put
 them in all. Having thus prepared the
Spicery, and *Nuts*, they are to be mix'd, and
 grinded on a table, with a gentle fire under

it. In the working, if the fire be too hot, the Nuts will run into too great an oyliness, or dissolution of the fatty parts, and the *Chocolata* will not keep any time. If it be too cold, it will not *work*, but stick to the rowler. From whence we may judge of the

controversie, whether an iron, or stone-table be best: for on a *thin iron-table* it is impossible to preserve an *equal heat*, and consequently some parts of the *Cacao* nut will be reduced to too great a dissolution and unctuoufness, and others to too little: and this inequality must needs occasion an unequal mixture of parts, and consequently a propensity to corrupt: besides that they are enforced to make it up too soon (it growing too *oylie*) before the parts are equally mix'd. But under a thick stone-table each degree of encreasing heat is soon observ'd, and remedied. I must also add, that an iron-table works the *Chocolata* blacker, then doth a stone.

It doth also work blacker on an iron-table: but who prefers a stone-rowler, before an iron one, must never have undergone the trouble of working with the former: which is much greater then with an iron one; as far as I could see: nor was the *Chocolata* better.

CHAP. III.

An enquiry into the nature of the particular Ingredients, whereof Chocolata is made.

THe *Cacao* nut, as it is the principal and constant Ingredient in the composition of *Chocolata*, so it merits an exact enquiry into its nature: for it is by it, that we are mainly

mainly to give an estimate of the nature and effects of the whole Composition.

The *Cacao* nut (if I may so call it, and not rather the seed of a greater, but disregarded fruit) is a Nut bigger (or as big) as a great Almond, which grows upon the *Cacao*-tree, and ripens in a great husk, wherein sometimes are found more, sometimes less *Cacaos*; sometimes twenty, sometimes thirty, nay forty, and above. The tree is call'd by the *Indians Cacaoua Quahuil*, it grows (wilde in the moist grounds of *Guatimala*, and *Nicaragua*; and by plantation elsewhere) to an indifferent height, equal to our largest Plum-trees in bigness; it abounds in *foliage*, and the leaves are sharp-pointed, compar'd by some to the leaves of a Chestnut, and by others to the leaves of an ^a Orange. It bears a great Flower, ^b of a Saffron-colour; which fading way, there succeeds a large fruit call'd *Cacaouacentli*: when it is ripe, it is as big ^c as a Musk-million, as thick, and as weighty; if we may believe *Piso*, and *Hernandez*: them to Cū- though others think the comparison too large, since (in *Jamaica*) they are not observ'd to exceed the bigness of a large Pear. But there are several sorts of *Cacao*-trees, (and their Nuts differ more or less in faculty) so that difference of trees and soils may occasion the discrepancy of Authors. Within this putaminous husk, or large fruit, ly the *Cacahuatl*, or (as the

^a By Antonius Herrera.
^b Piso, and Hernandez.

^c Benzoni compares size: *fructus Amygdalorum speciem referens, siliquis quibusdam vesuti cucurbitis includitur, & crassitudine & latitudine cucumeris.*

d *Ludovicus Lopez* t. 2. Instruct. conf. c. 112. calls it *Checa* And *Piso* in *Latine* *Cacacius*. *Benzoni* saith, it is usually call'd by the *Indians* *Cacauate*.

d *Spaniards* corruptly call them) the *Cacao* nuts, being about the bigness of Almonds, each of them enveloped in a slimy substance, and film, of a Phlegmaticque complexion, but of a most relishing tast: which the women love to suck of from the *Cacao*, finding it cool, and in the mouth dissolving into water. Under which is another shell. which, when bak'd in the Sun, somewhat resembles the colour and substance of a Chestnut-hull. Under that hull is lodged that nut, which is the most pretious commodity in the *Indies*, as *Acoita*, and others tell us, and which makes up chiefly our *Chocolata*. It is of a colour like to the outside of a Chestnut, and divided into several scissures, and pieces, as is a *cow's-kidney*, but yet joyned together, and in those small divisions (after drying) there seems to remain some little reliques of a Phlegmaticque moisture, which often degenerates into an hoariness, and at last ends in the final corruption of the Nut. It is of such a substance, that being dried on a digesting furnace, or pan, it will beat to a fine powder: being laid on a stone, or table, the least warmth makes the said powder dissolve into an oyliness, or fattyneis instantly; and it will alone work into a paste, without any intermixture, and keep a year. Which paste well made up alone (or with *Pocholt*) was, I presume, all the *Chocolata*, that *Motexuma*, and the antient *Indians* had, then dissolving it in

Atole.

Atole. It will beat into a Powder, and so may be remix'd with new Ingredients of spicery, and sugar, to make the more delicious *Chocolata*. I took a quantity of it (being exquisitely ground) and dissolved it in hot water, and having let it stand a while by the fire to dissolve, I milled it, (without the mixture of any thing, but pure *Cacao* paste, and water) it frothed moderately, but the froth was but of little continuance, and, being suffered to cool, it gathered like fat (both in colour, and substance) on the top of the most fat broths, or portage, to a great thicknesse: but when it came to be cold, however it had before a resemblance rather of fat, then oyl, it gathered into a resemblance of cream; and indeed it had just such a consistence, but the colour was yellowish. To the bottom there did settle a great quantity, which I took, and tasted of: and I found it to tast just as *Almond butter* exactly, as to its *unctuousnesse*; but it had the bitternesse, which is proper to the *Cacao* nut. The water it self beneath the cream was reddish, and after I had purely taken of the cream, it had not only a fatty tast, but taking some out, and bathing my hands in it, I found it extreme fatty. I took that Setling, and heated it in fresh water till it began to boil, then I milled it again, and let it stand to cool: it was at first extraordinary fatty; then, being cold, it yielded its cream, and a red shining *Cacao-*

C 3

butter

butter (as I may call it by an allusion to *Almond-butter*) and a coloured fatty water , as before ; only with this difference, that the *Cacao butter* seemed a little less unctuous, and not so perfectly to dissolve, and glide off the tongue, as before. Which put me upon another Experiment of decocting, and milling it, till I might extract all the fat out of it, and discover the nature of this settling ; if it might be so *terrestrial*, and *obstructive*, as some imagine. I heated the aforesaid settling in fresh water, and milled it well ; and instead of cream (though the water, as it cooled, shewed signes of a great fattiness) there did gather on the top a thin covering or *yeaws* (if I may so call it) of fat, such as will rise on *mutton pottage* not too fat. The water proved unctuous to my hand, as before, but the settling had no longer the fineness, and melting tast of *Almond butter*, but seem'd as if it were not finely powder'd, and besides its bitterishnesse, to have an evident piercing adstringency. From whence

- = I concluded, that it could not be obstructive,
- = but opening, and that when the fatty alimentous parts were distributed for nourishment, the others (as before they seemed to
- = corroborate the stomach, and promote digestion ; which things moderately bitter and ad-
- = stringent do : so now they) open the ob-
- = structions, promote concoction in the several guts, and go away in stool : which is the
- = excellency of bread corn, that the bran

doth

doth promote the appetite, and digestion, and keeps the body open, and is more healthy then *Manchet*, and it is mix'd by many with successe in *Diet-drinks* to this end.

And it is further observable, that in this Experiment, whereas the Nut it self, and the paste of *Cacao*, and the Cream, and the two first Setlings (yea, and the Fatty water) did by their burning give more or lesse visible testimonies of their unctuous nature in their flames, the last greety and incoherent Setling would not burn at all in flames. Besides, during the reiteration of these Experiments, (which was a fortnight) there never appeared any augmentation of the cream by standing beyond a few hours ; nor no alteration in it by standing *several days* : the cream, the water, the Setling were still the same, as to consistence, colour, and taste : it never, as to any part of it, sowed in a *fortnight's keeping*, nor gave any sign of corruption, though, during that time, I *boiled*, and *milled* the same decoction several times, and upon any fire to heat it I observed that Setling to arise, and incorporate with the rest, the cream dissolving ; as *Urine*, when turned at the fire : and when it cooled, it did resetle before ; as the said *Urine* do in like case. At the same time, as I tryed *several Experiments* with paste of the one lump, I observed, that, having boiled the water,

and dissolved the *Cacao paste* in it, and milled it but a little; though upon cooling it seemed very fat, yet did it yield but little cream. Another part, that was well milled, and yielded as much cream, as covered the pipkin all over to a moderate thicknesse, being skimmed, and milled, and cool'd, and creamed again, I took it, and heated it till it began to boil, and then poured it out of the pipkin instantly, and it came out so clearly, and without any reliques of water in the pipkin, as water doth usually glide off oyled cloth, or other vessels, when cold water is powred on cold grease. And this happened upon three tryals, the water being thoroughly unctuous by being twice or thrice heated, and milled (for else it succeeds not:) and to make it more conspicuous, in several parts off the pipkin I could observe some little remainders of the water slide off in round globes, or corpuscles, as it will do off oyled cloth, or greased vessels.

From whence I thought I might collect a reason, why the fattyneffe of the Nut doth not annoy the stomach, being taken in drink, as other fat, or oyl will: for it exactly commixs with the liquor, and swims not on the top: (in these last Experiments it was never milled; but, having been milled some dayes before, and cooled in the pipkin, it was again heated, and stirred with a spoon a little, and powred out) and if, as it cools, part

part of it seem to ascend, yet doth not that all condense into cream: but the water under is fatty; and as it is hot, and boils, it is still so (as appears by this Experiment:) which happens not so in other *fat broths*. Thus, the *unctuous parts* not floating (as in fat, or butter, dissolved in posset drink to provoke, or help vomits) on the top, and the *bitterish* and *adstringent parts* by a little heat commixing with the other, it must be a very great repletion can make *Cacao paste* offensive to the stomach, and its orifice.

I took also *Cacao paste*, and dissolved, and milled it well in cold water; and it did froth, and upon standing yield a cream in as great a proportion, as that did, which had been dissolved in hot water, and well milled: the cream was *yellowish*, and inflammable; the *setling* was just as to *colour*, and *taste* like to the other: saving that, drinking of it before it settled, I found it to be nauseous to the stomach; so as I, who hitherto never distasted any thing I had a mind to take, could not much relish the drinking of it: not that it was vehemently cold to the stomach, but that the fattyneffe of it made the water unpleasant being cold: and it had also a rawishnesse in it, as if the fat required boiling, or further Cookery; which yet I felt not upon eating either the nuts, or paste of *Cacao*. Or else it was because that the warmth of the water causeth a more *absolute*

commixture

commixture of the parts, which may prevent, as well as of those, which may cause nauseousness. Or it was because that many things may be taken hot without offence, or distaste, which cannot be so, when cold: the heat of the *vehicle* either correcting the potion, or corroborating the stomach.

I took also some simple *Cacao paste*, and put it into cold water, and set it on a *gentle fire*, stirring it with a spoon till it was dissolved: I suffered it to boil gently, and kept it all day in such a posture, that it did either boil, or continued boiling hot, but rather the latter. After it had stood seven or eight hours (during which time I observed the Decoction to grow extraordinary oily, and to fill the spoon with a water so thick, that I thought it was transformed all into fat, and oil) it appeared all full of *globous corpuscles*, as if it had been oil broken into parcels: but these *Corpuscles* did never *embody* into greater quantities, nor *commix* upon *agitation*; yet by long digestion I observed they grew to a larger size, yet would not *commix*: there being besides them a distinct *fattiness* to be seen. And in the end, I perceived a new body to discover it self in great quantities; it was not globous, but flattish; and for colour, and taste, and nature participated more of *nutton fat*, then any thing else. It was of colour *yellowish*, inclining to white: and had little taste of the *Cacao's bitterness*, or *adstringency*.

stringency. These fatty Particles I could not get to embody into one, or more bigger bodies: though I could agitate them with a spoon (for I never milled them) into less; yet did I perceive, that some of them were bigger then others, and at last some of them did enlarge themselves into a size as broad as a Groat, and of an indifferent depth, or thickness: yet could I not stir these into one or more bigger masses. Whereupon I set it to cool: and it was long before these bodies of oil, & fat, did harden, and disappear out of their former shape: so that I thought I had resolved it into Oil, since no Cream was to be seen. But being called away by business (which permitted me not the leisure to observe the minute changes in this reiterated Experiment) at my return I found several *whitish*, or *pale-yellowish* bodies like to Fat swimming on the top, there being no Cream, nor other body to overcast the top, and hinder their free floating: some were bigger, thicker, and broader, and longer then others, and of no determinate Figure. They were very solid, and melted on the tongue totally, as Fat, or Butter would, or Clarified Deer's-suet, to which they were equal in hardness: they had (as I and others judged) a farewell or relish of the *Cacao* at last upon the tongue. So that I observed, that no dissolution could totally separate its bitterness, and little piercing *adstringency*, which is peculiar to the

the Nut : and consequently it could never easily become offensive , or obstructing. The *Water* or *Decoction* was fatty, and had a deep red tincture : and the *Setling* as it was deeply red, so it had little of *Oiliness*, or resemblance of Almond butter ; but it was attended with a roughness, or sensible inequality of parts, the unctuousness being almost as much extracted from this *Setling*, as from that, which had been *Decocted*, and *Milled* in several *Waters* ; of which I already spoke. I could see no tokens of what carried, whilst it was hot, the appearance of Oil. Having shewed it for several dayes to divers persons, I heated it again, and instantly the said hard Fat dissolved, the *Setling* did remix with the rest of the *Liquor* : and I had a *Decoction* of a most deep red, and swimming with large Fatty and Oily Particles: I caused it to be well milled, and setting it to cool, the said large innatant bodies, resembling a Solution of Fat in Water, and parcels of Oil, were dissipated, and broken, or so incorporated with other Corpuscles, that I could get very few, and those very very small pieces of solid Fat : (the same happened in compound *Chocolata*) though I had before had lumps, that might weigh ten or twelve grains. But there did gather on the top a skin, or cuticle (very thin) though the body of the water and top did shine with a visible Fattishness ; and powred out of the pipkin with such an unctuousness, or

or *oiliness*, being scalding hot, that nothing did, or would stick, or otherwise, then glide off, as from oiled cloth, which it doth not, when powred out cold. Of fat, it was not hard, but having an affinity with the usual cream already mentioned in other trials, but *improportionate* to the fat dissolved : and the *setling* seemed to me more unctuous, then before, and like *Almond butter*.

I have not time to multiply reflections hereon, but whosoever shall set himself to observe the dissolution of *Cacao paste*, or *Chocolata cakes*, according as they are milled in water, or not milled ; and according as they boil, and not boil therein ; and according as they gradually dissolve on a quick or leisurely fire, will find a great diversity of parts, occasioned by the different texture of them : and shall find both colour and taste to vary several times (especially in the Compound *Chocolata*) to his amazement. I shall conclude with one trial more ; The powder of *Cacao paste* tastes very fatty, yet (according to variety of nuts) it dissolves with the least heat on a stone like butter : but a great heat dries it, and leaves a red, bitterish, and astringent powder behind. I took also of the said *paste*, and heated it on a fire shovel ; and if at first it melted with a gentle heat, it did evaporate away its oily parts by a more violent one : and smelling to the smoke arising from it, I had my smell affected with such a *nidor*, as issues from fat, when

when broiled on the coals, but milder.

These circumstances of its *fattiness*, and *oiliness*, and of its *nidorous exhalations* being burned, do very much recommend the Nut for a very *nutritive* thing. Its dissolving by the least fire, or *warmth*, argues its *facile digestibleness*. Its *easy concretion* evidenceth its promptitude to be *assimilated* into nourishment of the parts. And its *nidorous vapour*, being burnt, proves, that it carries with it (if any can doubt this, that sees the *Oil*, or *Fat*, swimming in the pure *Cacao decoction*) at least a *potential fat*, and is a greater *elogy* of its *symbolizing* with our bodies, then it is for *Bread*, that by *Chymical digestion* it should in time be converted into blood, as some tell us.

But to improve this Argument from reason a little, it is the *general usage* of the *Indians*, and *Indian writers*, which is no lesse, then the testimony of uncontroverted *Experience*, that this *Cacao nut* is very *nourishing*: that it is *multi nutrimenti*, is the assertion of *Hernandez*: that it doth fatten (being made into *Chocolatl* by the sole mixture of *Pocholt* grains) by frequent using it, is likewise avowed by him. *Chocolatl paratum ex granis Pocholt, & Cacauatl, equâ mensurâ, quod magnopere traditur corpora impinguare, si frequentius eâ uti contingat.* And *Dr. Juanes de Barrios* tells us, that, when they used in *Guatemala* the plain and simple *Chocolata*, they found it very nourishing. *Es comoda*

Pues

pues ella sola suple el almuerzo, y algunas otras comidas, por que con ella no es menester, pan, ni carne, ni bebida, y en un momento se hace y saca, lo que no aî en las otras.

In fine *Jo. de Laet*,^b tells us, that it is very ^{h 7. de Laet} nourishing (*præclare nutrit*) and that the ^{Hist. Ind. Oc.} *Indians* by the help of *Cacao nuts* alone do subsist all day, notwithstanding their great labour, and heat. Which is a truth well known to our *Seamen*, and *Land soldiers*, in, and about *Jamaica*, that by the help of the *Cacao nut* made into paste with *Sugar*, and dissolved in water, neither having, nor wanting other food, they usually sustain themselves, sometimes for a long season; and I have been assured, that the *Indian women* do so feed on it, (eating it often) that they scarce eat any solid meat twice in a week; yet feel no decay of heat, or strength. All which is purely to be ascribed to the nourishing nature of the *Cacao nut*, and not to the other *Ingredients*; since few of them are found endowed with any such quality, nor is there intermixture with the *Cacao nut* of any long date, the latter of which hath been already evidenced in the beginning of my discourse: and I shall demonstrate the former, before I conclude.

But however that the *Cacao nut*, being grinded into a paste, and dissolved in hot water, be so nourishing; yet have the *Indians* and *Spaniards* an ill opinion of the Nut, to eat it whole, and not in the usual manner

of

^f *Hernandez*,
Herb. Mexic.
lib. 3. c. 46.

^g *Dr. Juanes de*
Barrios de
Chocolata.

iGage Survey
of the West-
Indies c. 16.

of drink. Which, as it is told me by that ingenious Gentleman, Major *Fairfax* (who lived long in *Jamaica*, and is newly returned) so it is confirmed by the authority of Mr. *Gage*. i ' The *Cacao*, if it be not stirred, grinded, and compounded to make the *Chocolatta* ; but be eaten, as it is in the fruit, (as many *Criolian* and *Indian* women eat it) it doth notably obstruct, and cause stoppings, and make them look of a broken, pale, and earthy colour, as do those, that eat earthen ware, as pots, or pieces of *lime walls* ; which is much used amongst the *Spanish* women, thinking, that pale and earthy colour, though with obstructions, and stoppings, well becomes them. Which Observation, if it be true, makes no more to the prejudice of the *Cacao* nut, then it prejudiceth Wheat, Oatmeal, or the like, that being eaten unmasticated, or raw, they do create, or encrease the Green-sicknesse in maids. I say, if it be true : for here in *England* the honourable *Robert Boyle* can bear me witnesse, that several honourable Relations of his have eaten them for several years, and continue to do so ; in the beauty of whose faces the world, as much as it is interested therein, can observe no diminution : yea, they professe it as a real and experienced truth, that, if at any time their heads ake, to eat twelve of those nuts is a present remedy. Another Lady protested to me, that by the eating of those

those Nuts, she feels *Hypochondriacal vapours* (with which she is much troubled) to be instantly allayed, or appeased. So far are they from participating of the usual Malignancy of Nuts, to beget shortness of breath, Obstructions, and Head-aches. To the former Experiencies I must add, that they are observed to be more laxative, then binding ; and that neither Mr. *Boyle*, nor my self (who did eat two pound once, and great quantities since on purpose) ever felt any heavyness, or annoyance in the stomach, Head, or elsewhere. Nor have I (as neither do the others) been curious to choose particular times to eat them in : but at all hours, and seasons, Morning, and Evening, before, and after meals : all day, as opportunity, or other circumstances invited us thereto. It may be then, that the obstructions, and discoloured complexion of the Women in the *Indies* either is

fabulous ; or to be attributed to their eating the *Cacao* Nuts, whilst yet they are not sufficiently cured from their excrementitious moisture, and humidity : or that they eat another sort of *Cacao* Nuts, then should be

D

used

Here I desire to observe, that, though I have my self many times eaten great quantities of the *Cacao* nuts unreduced to paste (as also of the simple and compound paste) yet did I never find my Stomach to be fill'd by them (as if they had dissolved instantly therein) but rather satiated, though not cloy'd ; which happens not in other solid food taken so : nor could I ever perceive they did that way much nourish me ; though I did eat at one time beyond any proportion, that I drank at another ; and yet was fed and sensibly refreshed by the latter course.

used in *Chocolata* : (for it is a great *sanction* in the making *Chocolata*, not only, that the Nuts be *well cured*, and *dried* ; the older being accounted the *best*, if not *corrupted*, and decayed : and that they come from *Caracas*, and *Soconusco*, not *Guaiacbil*, or the like ; but that they be of the sort call'd *Clalcacahuatl* especially : whereas they they make *Confects* of *Quauhparlathli*, (or *Patlaxt*, which ^m is not so usefull as the ordinary, yet is used by the meaner sort.) Or, if it must be understood of the right *Cacao* (which they often eat ⁿ roasted, and made into *Confects*, and their Women fall into *Hysterical* and *Hypochondriacal* Distempers, very difficult to cure ; which is avowed by *Piso*, as an usual accident there, as well as by Mr. *Gage*) I can only say, that it hath not yet happened so here : and that however, we ought to remember that old *Arabian Maxim* is *Physick*, *Qui non bene masticat, odit animam suam* ; ' He, that doth not chew his food well, is an enemy to his own life. Of so great Consequence is either that *salival ferment* in the mouth, which inchoates digestion, being impressed into the thing *chewed* ; or the due *communion*, and *subtiliation* of food : it being well known, that the eating of any meat in *great morsels*, and without *chewing*, occasioneth the inconveniencies attributed to the eating of the *Nuts* not reduced into a *paste* by *Grinding*. For it is observable, that the

k Hernandez l.
3. c. 46. Gul.
Piso in Mant.
Arom. cap. 18.
l Hernandez
ibid.
m Gage Surv.
c. 16.
n Piso in
Mant. Ar. c. 18.
& Anton. de
Herrera cap.
10. Hist. Ind.
Occid.

the *Paste* of the *nut* will melt in the mouth perfectly, if it be *well made* : but the *nut* will not (that I could observe) though well chewed. And therefore it may seem a just caution, to *weak stomachs* especially, that their *Chocolata* be made with a *Paste exquisitely* made, the *Nut* being first *powder'd*, then *searced* finely, and then carefully *grinded*. And then there will be little or no inconvenience from the eating the *Cacao Nut* so order'd, either in *Pastills*, or *Cakes* ; provided the other *Ingredients* be not noxious.

I shall now speak of the *qualities* and *temperament* of the *Cacao Nut*. And indeed in *Taste* it is none of the most *pleasant*, to those that are not used to it ; which made *Clusius* say, that, besides its *adstringent Taste*, it had so *unpleasant* an one, that it was no wonder, if such, as first taste the *primitive Chocolata*, care not for it. Of the same judgment was *Benzonus* : for which he was laughed at by the *Nicaraguans*, and necessity made him to comply at last with them in drinking it in that *original* and *simple* manner. It hath a *Taste* somewhat *bitterish*, and *sub-adstringent* : and hath such a mixture of parts, that Authors no way agree in *Charactering* its temper. If we look on the *Nut*, and taste it without any other preparation, then that of taking off the *hull*, one would accord with *Ro-blez* ; *El Cacao es frio y seco de su templansa*, 54.

o De plant.
Ind. Occid. c.
54.

y per esto tienen partes astringentes, con que opila : 'The Cacao nut is by temperament cold, and dry, and therefore hath astringent parts, with which it begetteth Obstructions. Truly that it is dry, seems then sensible : and that it is cold, the universal experience of all, who say it p

lays thirst incredibly, and cools the Liver, or any other inflamed part, seems a pregnant Argument. And of the same judgment with Roblez (who lived in Peru) was Dr. Juanes de Cardenas, who lived in the Indies, and practised Physick there, and

made use of his own judgment, as well as the Narrations of the Natives. He thinks the Cacao nut to be cold and dry in a degree betwixt the first and second. Because he is an eminent Writer, and his Assertions may perhaps suit best with the generality of Physicians inured to old Hypotheses, I shall set down the substance of his judgment as to the Cacao nut.

q Dr. Juanes de Cardenas lib. 7. De propr. Chocolaris. 'He acknowledges a triple distinction of parts in the Cacao nut; from whence ariseth a ternary of distinct Qualities in it. 'The first is a cold, dry, earthy, and melancholy

'choly substance : which if it prevail above the rest, it produceth Obstructions, and Melancholy, and destroies concoction. 'The second is airy, hot, and proportionate to butter, which by agitation, and milling, riseth in froth. This he reputes to be hot and moist, and of a lenifying nature, which, whilest it prevails, begets a quite contrary effect: for it nourisheth much, and multiplies Blood, and vital Spirits, and enables men to labour. This butyrous substance doth principally manifest it self in the Cacao nut, when it is indifferent aged, and hath been kept a good while : and is not a little helped in the shewing it self, by being roasted, or heated in a frying-pan, or kettle, before the oil be drawn, or it be made into a paste. The third sort of parts, which he professes to be in it, is hot, and dry, which carries with it a faint resemblance of adustion, which makes it to seem bitterish to the taste. By reason of the latter parts, it becomes penetrating, and conveys the other alimentous parts into the body ; it provokes sweat, and monthly evacuations in women, it opens all Obstructions; and these guide the more oily and butyrous parts into the entrails, whereby the body is preserved soluble. This multiplicity of parts produceth several effects in the persons using Chocolate, according as they are healthy, or sick, of a weak or strong stomach, troubled with Obstructions,

or free from them. And much depends on the individual constitution of persons : as also on the Artificial mixture of it into *Chocolata*, whereby the several parts are actuated, and vigorated, the butyrous parts set at liberty from the confinement they were under by reason of the *styptick Particles*; which more appear to sense in the nut, then in the mass : for the former dissolve not on the tongue, (no, not when chewed) as doth the latter : nor hath the latter that sensible astringency, and bitterness (joyned with its unctuousness, and aptitude to melt on the tongue) as the former.

Hernan Herb. Mexic. l. 3. c. 46. and Jo. de Laet Hist. Ind. occid. l. 6. c. 2. saith of it out of Fr. Ximenes, Cacao fructus made up of different Particles, but very well reneri sunt nut-embodied, and mix'd; it is something bitter, trimenti, sapor-something sweet; and either of a temperate ris inter dul-Nature, or a little inclined to coldness, and cem & amarum moisture. medii temperie nonnihil frigidâ & humidâ.

Others are of opinion, that this *Cacao* nut is of a temperament inclining to heat, and moisture : and they consider not the nut, as it is entire, or under no greater comminution, then what the teeth infer : but as it is grinded into a paste, and (sometimes as) mixed with water, and agitated into froth by

aMolinet. And their reasons are; first, because in the grinding it into paste, and in the working it up, and in the dissolving it in Water again, still there are no visible signes of anything (if it be well done, and the nuts good) but of parts moderately hot, moist, and unctuous, or butyrous; there being little or no *terrestrial*, and *heavy*, gross settling whilest it is hot, and when it is milled, it goes all almost into froth, and fat, which proceeds (say they) from an airy, hot, and moist substance, mixing with wine. Another Argument they bring for their opinion from the quick nourishment it gives; For, (say they, and *Galen* too) that it could not so soon turn into nourishment of the Blood, and Spirits, if it had not a proportionateness, and agreement of temper therewith: for there would be some time requisite to assimilate and change what hath a discrepancy with our Nature, before it could nourish us. But that, which is analogous to our nature, is *Balsamically hot*, and *moist*: not cold, and dry; which are enemies to it.

Gal. Piso resolves the controversies of the *Cacao* nut thus,

Veniamus ad Cacacii Qualitates intrinsecas. Has equidem ex effectibus, ceterisque indicis, constat esse temperatas. Substantia ei ex crassioribus simul & tenuioribus partibus composita est prorsus: ut in infinitis aliis vegetabilibus observatum est, diversas omnino sub eadem forma Substantias contineri. Noster autem Caca-

cuius in pulverem redigitur primum, & solâ mox, etsi frequenti tusione pinfitur, & in massam co-
gitur. Quod cum fiat sine ullius rei admistione,
ratio arguit aliquid esse in eo tenacis & bitumi-
nosi instar humoris, Aeris Elemento respondens.
Multa insuper eidem, quibuscum suapte naturâ
miscetur, insunt ignea, quæ necessario incidere
atque referare debent corporis meatus, non ve-
rò præcludere, ut quidam voluerunt: nisi hoc
intelligent de crudo, vel tosto, vel Saccharo
condito, quo mulieres in Indiis nimium vesci a-
mant, unde uteri, alvi, & Hypochondriorum
obstructiones incurrunt difficillimas. Verum
totum hoc oritur, quod interior ejus substantia
dentium incisione non exactè comminuitur, nec
perfectè commiscetur: requiritur enim artifi-
ciosa mole versatilis contritio; atque tunc demum
siquid noxiæ supersit frigiditatis, aliorum ca-
lidorum commixtione temperatur, communi-
catâ singulis partibus hæc intimæ jus substan-
tiæ qualitate.

‘It is manifest by its effects, and other
‘signes, that, as to its intrinsic Qualities,
‘it is of a temperate Nature. Its substance
‘is made up of some subtle, and some gross
‘parts; which sort of mixture is observable
‘in many other products of Nature. This
‘Cacao nut is first beaten to powder, then
‘without any accessional [but a gentle heat
‘on a stone, or iron-table, or mortar] it is
‘worked laboriously into a mass, or paste.
‘Which, since it is done without the addition
‘of any other thing, it is an evident Argu-
‘ment,

‘ment, that there is in it a tenacious and
‘bituminous Substance. The mixture of
‘other Spicery corrects its coldness; they
‘penetrate, and open Obstructions: so
‘that *Chocolata* is no way obstructing; how-
‘ever others, by eating raw, or roasted
‘Nuts, or crushed into confections with Sugar,
‘(much used by the *Indian* women) may
‘fall into tedious obstructions of the Spleen,
‘Liver, Hypochondria, and Womb. For
‘these inconveniencies happen, because it is
‘not exactly grinded, and that the perform-
‘ances of the Teeth and Stomach equal
‘not those of the rowler in grinding, and
‘the molinet in actuating the Particles of
‘the *Cacao* nut.

I shall reserve the particular decision of
the controversy, until I have made a great-
er inquiry into the nature of the Nut, and
its several parts, and have examined my-
self its several effects in *Jamaica*, at more
leisure: but suggest these present Consider-
ations.

If the Nut be a right good Nut of *Ni-
caragua* (or *Caracas*) and *Soconusco* (the
Nuts of the *Islands* are not reputed equal
to those of the *main*: & in *Jamaica* I have eaten
they have but newly learned to cure them; and used as
in which there is much art) and so old, good Nuts; of
as to be at its perfection, not decay’d, and the growth
of a darkish red, approaching to black, of *Jamaica*, as
any, I have
ter it is pilled, it is to Taste, adstringent, yet met with.
and a little bitterish; but not very unplea-
sant

sant to any, who shall have eaten but a few of them. It will be *dry*, and *hard* to taste, and not dissolve into an *unctuous liquour* in the mouth: though you may easily perceive in a *rich nut* to the Taste an extraordinary *butyrousness*, though *congeled*, and *fixed* by some particular Principle else. I never could observe any *coldness* in the nut at all neither, on the tongue, nor stomach; nor yet any sense of *heat*. If the *sensible bitterness* must argue *heat*, the effects of which are not further perceived, because the *unctuous* parts *implicate* and dull the *vigour* of the other; and if that the *sensible unctuousness* in the most *dry nuts*, maugre the *stypticity*, evinces their *moisture*: yet will any, who eats the nut, be apt to excuse them, who by their *taste* judge the nut (ungrinded) to be *cold* and *dry* in the first and second Degree.

I have already shewed, that our Experience in *England* in my *self*, and others, (some being *well*, some being *sickly*) doth not evidence the Nut eaten of it self (not reduced to a *Paste* on a stone) to be *obstructing*, or *clogging* to the Stomach: and, whereas it is attributed to the grinding, and so commixing the parts, that it keeps the body soluble, our Experience shews, that even the Nut eaten produceth the like effect; though by the *taste* one would conjecture otherwise.

Whereas it is said by some, that the Nut in

in *Paste* dissolved into water is of an *hot* as well as *moist* nature: I must propose some doubts thereto, since it is so good in *fevers*, and to quench thirst at other times; and is so repugnant to *cold Stomachs* (a general calamity in *hot Climates*) that the *Indians* and *English* generally are enforced to mix with it either *long Pepper*, or *Jamaica-Pepper*, or *red Pepper* call'd *Chilli*, to make it supportable to their Stomachs: and Men, otherwise of unquestionable strength, and health, have assured me upon their own experience, that this is *true*. Besides, it is a known Experiment both in *Spain*, and the *Indies*, that the *butyrous* and *oily* part of the *Cacao nut*, being taken off, and preserved from the *Chocolata*, or otherwise drawn, is a very great remedy against *Inflammations*, and particularly the *Erisipelas*, or fire of *St. Anthony*. And in such applications it is *sensibly cooling*.

In fine, let men debate eternally the *temperament* of the Nut, they, who have ascribed to it *Qualities* altogether repugnant to *nutriment*, have never controverted its incredible *nutritive* faculty. It is in this that all agree. It is *multi alimenti*, yields plentiful nourishment, saith *Hernandez*; who holds it to be *temperate*, or *inclining to cold and moisture*. *Jo. de Laet* saith of it, *refrigerat, & nutrit insigniter*, it cools, and nourishes exceedingly. *Dr. Juanes de Cardenas* professeth, that it yields *buen sustento*

al cuerpo, good nourishment for the body. And *Roblez*, who concurs in opinion with the other, that it is *cold*, and, *dry*, declares it to be *summamente alimentoso*, exceeding nutritive. And *Benzonus* gives it this Character, *Ea Calia sapore aliquantum amaro satiat, & refrigerat corpus minimè tamen, inebriat*: 'That muddy Drink, or Ale, with its bitterish taste *satisfies*, and *cools* the body, not intoxicating any way the Head. And it is observable, that albeit the eating of *Cullises*, and *Jellies* continually, doth so debilitate the Stomach, that, thorough much use of the former, men become incapable to digest any grosser meats: of the verity of which practical Observation there is a notable instance in *Sanctorius* s of a Student at *Padua*, who, that he might have more time to study, and not be diverted therefrom by any regard of Diet, fed himself only with *Jellies*, and *Callises*, where-with he expected not only to be strengthened much, but also freed from the concerns of exercise, and other circumstances necessary for digesting stronger meats; but he afterwards falling sick, and being inured to no other food, then that appertained to sick-folks, whilst he was well; being sick could receive no no sustenance at all, and so dyed lamentably for want of food, more then by the violence of his disease: I say, it is not so with the plain *Chocolata*, made of the pure *Cacao-Paste*, and perhaps a little
Sugar

De vitando
error.

Sugar, and *Pepper*; for the *Indians*, *English*, and *Spaniards*, who have lived on it several days, sometimes weeks, without any other food, do without any inconvenience resume a more gross Diet, and again intermit it at their pleasure.

I have been thus particular in the inquiry into the nature of the *Cacao nut*, because it is the principal Ingredient in *Chocolata*; and it is this *Nut* alone in the Composition, (if there be neither *Maiz*, nor *Bean-meal* in it, which may be admitted in small quantities as wholesome, for ought I can imagine; or *Pistachia nuts*, or *Almonds*; of the healthfulness of either of which, but especially the latter, I doubt as to this Composition) which yieldeth the nourishment, and fatness, which is expected from the Drink, and often found. All the other are but *Spicery* (under which I comprise *Amber-griese*, and *Musk*) and serve at best but as a *Vehicle* to distribute the *Cacao nut* into the body, and to make it agreeable to the *Stomach*, which otherwise might, and often is troubled with the coldness of the *Cacao*, or what other Quality it may have (perhaps too much relaxing the *stomach*, or offending its crifice by its untimeliness) whereby to offend the *stomach*.

And since the *Indians* did first correct it with *Chiles*, or red *Pepper*, I shall speak of that in the first place.

Chiles, *Chilli*, or red *Pepper*, in the language

r Acoſta Hiſt.
 Ind. l. 4. c. 20.
 u Piſo hiſt. Nat.
 & Med. l. 6. c.
 15. ex Xi-
 mene.
 x Hernandez l.
 5. c. 3.
 y Acoſta l. 4. c.
 20. Piſo ex
 Ximene l. 6. c.
 51.

z Acoſta ubi
 ſuprà.

a Piſo ubi ſu-
 prà.

b Mr. Sigon's
 Deſcript. of
 Barbadas p.
 79.

guage of *Cusco* is called *Uchu*; in that of
Mexico, Chili: or *Chilli* by the old In-
 habitants of *Hispaniola* (call'd *Haitini* by
 * *Hernandez*) it is called * *Agies* (by *Rob-*
lez, los Agies) which ſome y otherwiſe write
 (according to the variety of ſpelling) *Axi*.
 By *Monardes* it is called *La pimienta de las*
Indias. In *Portugal* it is call'd *pimienta de*
Brasil. In *Brasil*, and by *Piſo, Quiya*. In ſine,
 amongſt almoſt an infinity of names, the
 moſt uſual now are *long red Pepper*, and
American or Braſile Pepper, for no other
 reaſon, but that the *Portugheſe* brought it
 firſt thence. z It was much eſteemed of in
 old time amongſt the *Indians*, which they
 carried into places, where it grew not, as
 a Merchandiſe of conſequence. a And in all
 the inhabited places of *America* it is ſo
 frequently uſed, that, there is ſcarce any
 meat *dreſſed* without it. b This Spice the
Spaniards love, and will have it in all their
 meat, that they intend to have *picant*: for
 a greater *Hough-goo* is not in the World;
Garlick is faint and cool to it. It is ſo
 violently ſtrong, as, when one breaks but
 the ſkin, it ſends out ſuch a vapour into
 the Lungs, as he falls to coughing, which
 laſts a quarter of an hour after the fruit
 is removed: but, as long as it is garbling,
 they never give over. To deſcribe its ſeveral
 kinds, and particularize its virtues, it
 would be requiſite to tranſcribe the Trea-
 tiſe of Father *Gregory the Capuchine* upon
 this

this Subject, which is to be found in *Carolus*
Cluſius's Cura posteriores, Piſo, and Hernan-
dez. However that the *Spice* merits great
 commendation, and that c *Monardes*, and c Chap. 54.
 d *Oviedo* prefer it before the *East-Indy Pepper*: d Hiſtor. Nat.
 and that many e repute it to be cold, and Ind. l. 7. c. 7.
 well-tempered: (as do f others that of the e Acoſta ubi
East-Indies) yet it is by ſuch, as regard f Bonras c. 5.
 the teſtimony of what they taſte, and feel, De conſ. valet.
 (before traditional Diſcourſes) to be g hot in Ind.
 in the higheſt Degree. *Quartum hac caloris g Acoſta ubi*
gradum attingunt, & tertium ferè ſiccitatis, ſuprà.
 ſo ſaith h *Hernandez*. And *Monardes* a- h Ubi ſuprà.
 vows them to be hot, and dry, as it were
 in the fourth Degree. *Es caliente, y ſeca, caſi*
en quarto grado. There is this caution
 given of them, i that they inflame the i See Acoſta;
 Blood, and diſtemper the Eyes, the Liver, Hernandez,
 and the Reins; that, they create Fevers, Piſo, ubi ſu-
 Pleuriſies, and Peripneumonies; that they prà.
 are no way agreeable for young folks, but
 for the old *Flegmaticque*. Which *Aſſerti-*
on is to be underſtood of its *unproportionate*
mixture with other Compoſitions.

Another Ingredient in the compoſition
 of *Chocolata* is that moſt delicate of Spices,
 call'd uſually in *England* *Pepper of Jama-*
ica, by the *Spaniards* *Pepper of Xamaica*
 (ſo *Herrera*, and other *Spaniards* call *Jama-*
ica) *Pepper of Tabasco* or *Tamaſco*, and
Pepper of Chiapa: and by the *Indians* *Xo-*
coxochitl. It is commonly called in *Jama-*
ica, Pimienta: which name they took from
 the

the *Spaniards*, some of which I find to call it *gravos de pimienta*, and *pimienta* alone: though otherwise that name is of a greater comprehension. This *Spice* hath a most delicate smell, and such, as resembles an *Orange stuck with Cloves*: being swallowed whole, it amends the breath, is excellent against Wind, and helps digestion, and yields no sign of an immoderate heat; but being broken, within the outward husk, or shell, there are two (sometimes three) little grains, which make the impression of a pretty violent heat, yet short of the other Peppers: I have not met with any Writer, who utters a word to their prejudice; a few of them, burnt with wine, recommend it for fragrantcy, and taste, beyond any Spice. ^k *Es la Pimienta de suave olor, caliente, y fca en grado tercero, cordial, desoppilativa, provoca mezes, y es remedio à los dolores flatuosos, corrobora el estomago, y ajuda la digestion de la comida.*

^k *Ferdinandez l. 1. sect. 1. c. 14. Vide & Herbar. Mexican. l. 2. c. 5. de Xoco-Xochitl seu pipere Tabasc.*

The *pimienta* (of *Jamaica*) is sweet-sented, hot and dry in the third Degree, opening Obstructions, Cordial, provoking the Terms, and it is good against Wind, and flatulent pains, it strengthens the Stomach, and Digestion, being eaten.

Roblez gives it this Character, *E becho experientia desta semilla, o granos de Pimienta, y halla en ella el calor, y sequedad iguales, y ser a proposito para confortar el estomago, interiormente bebida, o exteriormente aplicada,*

aplicada. Sufre cossimiento medianamente, y trituracion mediocre, y subtil, como les de mas aromaticos, y le tengo por substituto de los clavos de especies: mata las lambrices con la parte amarga, y detiene los vomitos. That is:

'I have tryed these Seeds, or Grains of Pepper, and I found therein an equal siccity, and heat: and they serve for to strengthen the Stomach, being taken inwardly, or applied outwardly. It will endure an indifferant boiling, or punning to powder, as do other Spices, [which loose their virtue by much beating, or boiling] and I allow it for a substitute for Cloves. It kills the Worms with its bitterishness, and stays vomiting.

Jo. de Laet, in his Description of *America*, speaks thus of the Province of *Tabasco*, and its Pepper. *Unde habet [ea provincia] in primis arborem domesticam, quantivis pretii, quam vocant Xocoxochitl, quæ est arbor grandis foliis mali Aurantie, fragrantissimis, Floribus rubris instar Granati, odore item Aurantiorum, grato juxta, ac suavis; fructibus rotundis, ac racematim pendulis, qui initio quidem sunt virides, postea rufi, & ad extremum nigri; acris saporis, & mordacis; bonique odoris; calidi & sicci in tertio gradu, ita ut Piperi substitui, & pro Carpo-balsamo in Officiis possit obtrudi. Hispani vulgo vocant Piper Tabascense. Corroborat cor, & ventriculum; amicum est utero; discutit flatum; aperit obstructa; movet urinam, & menses;*

Lib. 5. cap. 3.

menses; succurrit colicis & nephriticis doloribus; consumit humores crassos & viscosos; fugat rigores febrium. i.e. The Province of *Tabasco* hath one tree particular to it [when *Ximenes* writ this, whom *Laet* follows; it was not known to grow in *Jamaica*, as it doth plentifully] which is call'd *Xocoxochitl*, i.e. a tree not to be valued. It is of a very large growth, hath leaves like an Orange-tree, being of a most fragrant scent; it bears a red Flower like to that of a Pomegranate, of a sweet and pleasing smell, and which also resembles that of Oranges. The Fruit is round, and grows in clusters, like as Grapes do, [so does the *Amomum* of *Dioscorides*] at first it is green, then red, and at last blackish: it is of an excellent smell, and biting taste. It is hot and dry in the third Degree, so as that it may be substituted instead of ordinary Pepper [but it is so farr short of it in heat, and bitingness of taste, that in *Pies* there is no comparison betwixt them; as I have seen,] and in the Shops it may pass [but without any resemblance] for *Carmo-balsamus*. The *Spaniards* usually call it *Pepper of Tabasco*. It strengthens the Heart, and Stomach; it comforts the Womb, it dispells Winde; it opens Obstructions; it provokes Urine, and the Terms in women; it helps Colique and Nephritique pains; it consumes tough and viscid Humours; and drives away the cold fits of Agues.

I cannot pass by this delicate Spice, without

out putting the World in mind, that perhaps upon Observation there where it grows, and a little constraining of *Dioscorides*, it may be found to be the very *Amomum* of the Antients; so famed in all their rich Unguents for Luxury, and so commended for Medicinal uses, instead of which we are fain to put into *Mithridate*, and *Treacle*, either *Culels*, or *Cloves*, but, I hope, henceforward *Amomum* and *Carmo-balsamus* shall find no other substitute then this Pepper of *Jamaica*. I am not the only person who propose this: *Hernandez* (*lib. 2. cap. 5.*) professeth, it may be used instead of the *Carmo-balsamus*; and who shall enquire into the *Amomum Clusii*, will find how others, as well as I, have fomented this Opinion: of which I shall treat more hereafter, when I have observed its growth. In the mean while it seems to be that *Garyophyllon* of *Pliny* (*lib. 2. cap. 7.*) where, having spoken of Pepper, he adds, *Et etiamnum in India Piperis granis simile, quod vocatur Garyophyllon, grandius fragiliusque. Tradunt in Indico loco id gigni. Aduerbitur odoris gratia.* 'There is at this day in the *Indies* something, that resembles Pepper, men call it *Garyophyllon*; 'it is bigger and more brittle then Pepper. 'They report it to grow in a place of the *Indies*: and it is brought hither (*sc. to Rome*) out of a regard to the delicacy of its scent. There is not any thing in *Pliny*, 'which carries repugnancy to our Pepper:

its excellent smell, the name of *Garyophyllon*, being the Greek, not Indian name, and signifying *Cloves*, or *Clove-gillow-flowers*, with the smell whereof, (and taste of the former, but mildly) it hath a resemblance. It is more big, it is more brittle, and consequently, till a clearer discovery be made, we are to presume, that we have retrieved after so many hundreds of years one of the most select Odours, that Antiquity ever boasted of.

I shall not add any more, untill I have prepared a second Edition in *Jamaica*. Instead of this, there is usually put in common Black-Pepper, or White-Pepper: concerning the virtues of which I shall not enlarge. They are well known already, and better known then approved of either by the ¹ Natives of those Countries where they grow; or our learned Physicians in Europe.

The next Ingredient of *Chocolata* is *Tlilxochitl* (or, as some write it, *Tlixochil*) or, as the Spaniards call it, *banillas olorosas*, or *Vaynillas*. The former is the Indian name recorded in ^m *Hernandez*; the latter is the usual Spanish Term acknowledged by ⁿ *Piso*, and others. The Plant is compared to *Aromatical Arach*, it runs up Trees, as doth *Ivy*, it hath a broad leaf, in length eleven inches, and in breadth six, it resembles a Plantain-leaf, but is more fatty, it is of a deep green; it bears a blackish Flower

^l Vide *Pisoni* in *Mantiss.*
Aromat. c. 9.

^m *Hernandez* *Herb. Mexic.* l. 2. c. 15.
ⁿ *Piso* in *Mar-tijs.* *Aromat.* c. 18.

Flower: it produceth a Cord, that is about six inches long, slender, and of a blackish colour (yet are some, that I have seen, reddish, and yet good) their smell is admirable, they, which have parallel'd it with Amber-grise, Musk, or ^o Balsame, failed in their Character; for it hath a peculiar mildness, and delicacy in it, not to be found in those other. If, in the *Jamaica* Pepper we have found out what the Antients lost, it is herein that we have out-done them: it being a discovery, which, I doubt not, but a little Art will improve beyond all the odours yet known. ^p It is reputed hot in the third Degree, and adds to *Chocolata* not only a curious scent, but taste: and moderately provokes Urine, and the monethly evacuations in women; it strengthens the Brain, comforts the Wombe, dissipates Winde, concocts and attenuates gross and crude Humours. I cannot do this excellent product of *Jamaica* the injustice, not to tender the double Character given of it in Spanish, by two Spaniards, that lived in the Indies, and whose Learning equalled their Curiosity.

^o *Hernandez*, & *Piso*, ubi *supra*.

^p The Spaniards put it into their *pharmica*, or *Sneezing-powders*, avowing it to corroborate the Brain infinitely: as I am ascertained by such, as have seen this practise in *Spain*, and the *Indies*.

Doctor *Fernandez* (*lib. 1. Sect. 1. titulo De los Bainillos*) speaks thus of them: *Son calientes, y secas en tercero grado, cordiales, provocativas de meses, y de orina, aceleran el parto, elechar las pares, cuessen y adelgason lo crudo, y fortalecen el corason, y cerebro, y ses facultades.* They are hot and dry in the third Degree, Cordial, provoke the Terms, and

and Urine, and speedy Labour, and freeing for the after-birth, they concoct and attenuate Crudities, they strengthen the Heart, and Brain, and its faculties.

Doctor *Juanes de Cardenas* gives us this account of them. *Las Bainillas compiten con el Ambar. Son de complexion caliente, y seca en primero grado, con que don al Chocolate mui suave olor: y se accentajan à las de mas en ser mui cordiales amigos del corason: engendron espiritos de fuerte, y robusta mixtion, ayudan al cossimiento del estomago, y con su calor cueßen los humores gruesos, y crudos; y lo que es mas que todo, con las partes sutiles, y calientes, consumen lo terrestre del Chocolate; con que le dexan mas puro, y sin los dannos de lo Melancholico. That is:*

The *Vaynillas* equal Amber-grise. They are of Quality hot and dry in the first degree, wherewith they give to the *Chocolata* an exceeding sweet smell: and excell other Simples, being extraordinary strengthening for the Heart: they beget strong Spirits, and of a firm mixture; they promote digestion in the Stomach, and by their heat concoct crude and gross Humours, and, which is above all, with their subtle and hot parts they consume the earthy parts of the *Chocolata*, and so leave it more pure, and free from the inconveniencies, with which it might otherwise waies threaten the Melancholy.

To conclude this Discourse of the *Vaynillas*: It is so called by the *Spaniard*, because that

that it resembles the *Vagnuila* or sheath of a little Sword: it much resembles the Cod of a French-bean in length, and shape; it hath in it a small Seed, which fills it from one end to the other, of a blackish colour, but very subtlè parts, and scent. It is observable, that one *Spanish* Writer makes it to be hot in the third Degree, and dry; another only hot and dry in the first Degree. Such Contradictions are usual in Writers of the *Indies*, and not much to be regarded further, then as the resueries of men too Methodical, or as the intrigues of Nature to be paralleled in Opium, Camphire, Vitriol, Quick-silver, &c. concerning which our most inquisitive and Philosophical Physicians are so perplexed, and differing in Opinion, that we may pardon the discrepancy of the Writers alledged here. Whosoever shall try these *Vaynillas* by the strength and penetratingness of their smell, and perhaps by the vigour of their effects, performing what nothing of *European*, or *East-Indy* growth, of a less Degree in heat, and dryness, then the third, doth; will rank them with those of that sort; but here who shall consult his Senses, and observe the mild delicacy in these *American* Products, and particularly in the *Vaynillas*, which is inconsistent with so much heat, and dryness; and shall consider, that his tongue feels nothing parallel to what happens upon the tasting of a grain of *Chili*, or red Pepper (which yet is placed as hot in the third Degree) he

will by many degrees separate and distinguish the former from the latter. And indeed these powerful effects are not the consequents of an excess of Heat, but of parts moderately hot, and well subtiliated, and digested, in a Country, whose Climate yields an uninterrupted temperature of Heat to its production: from whence we may once for all observe, that it is impossible to provide any *succedanea*, or substitutes for these kind of Commodities: for to use Cloves instead of *Vainillas* is a ridiculous mockage, and hurtful to several complexions, in *Chocolata*.

Chacanguaricu, *Pumagua*, or *Achiotl* (as it is called by *Hernandez*) or *Achiote*, as it is usually called (Mr. Gage calls it *Achiotte*) is called by *Oviedo*, and *Clusius*, *Bixa*; by the Natives of *Brasile* *Urucu*, and *Roucou* in the Description of the *Antilles*. It is a Tree, that grows every where in the *West-Indies*, without cultivation; it is regarded as well for its use in Painting, as Physick. It is a Tree of indifferent bigness, leaved somewhat like to an Elm, after it hath flowered (which Flower hath scarce any sensible smell) the fruit grows out in a Cod containing thirty or forty grains, which grains, before they

When I am in *Jamaica*, I shall inform my self of the different operation of *Achiote*, according as it is differently made: of which they, who bring it, or sell it, can give no account.

made

made by a way, I shall not repeat; yet in the making of it there is so great a difference, that it is very considerable, some having been purged to death, & others thrown into Fluxes by mixing *Achiote*, not rightly prepared; in *Chocolata*; which hath occasioned some to speak against its being put into it. But it is not by that Character, that the good *Achiote* must be censured: for, if rightly prepared, it is with very good effect mixed with meats in the *Indies* to meliorate their taste, and colour, and smell too. And in *Chocolata* it produceth all these effects, if put in a due proportion: and makes it to be drunk more safely, and with lesse nauseousness: it makes it also to purify the Blood more, and to strengthen the inward parts. In *Brasile* the *Achiote* grains, being duely prepared into Cakes, are mix'd in an indefinite proportion with a dish of *Carima* (which is made of *Tipioca*) and given against Poysons, or other Distempers, promiscuously. It strengthens the Stomach, stoppeth Fluxes, and, being mixed with agreeable Juleps, layeth Feverish heats. * It is cold, and dry, and moderately adstringent.

* Pifo in Mant. Aromat. c. 18. *Fruſuum grana rubri frigida ſunt & ſicca cum modica adſtriſſione: ex quibus placentulas efformant, quæ non ſolum medicamentis contra quosvis Sanguinis Fluxus inordinatos, ſed & cibariis immiſcentur, gratumque ſimul ſaporem & colorem iis ſuppeditant. Inprimis autem omnia hæc beneficia præſtant conſectiõni noſtræ Chocolatæ, ſi certâ quantitate addentur; turius enim tunc bibitur, & citra ſatietatis & nauſeæ incommodum: adde, quod ſanguinem magis purificet, & viſcera corroboret.*

Having

Having given you this testimony of it from the learned *Piso*, who interested not himself much in the digesting Plants into several Degrees, according to their first Qualities; but consulted unquestionable Experience: I shall now represent the several Characters of this *Achiote*, given by *Spaniards*, and such as lived in the *Indies*.

The *Spanish* Doctor *Ferdinandez*, doth thus Character it in his first Book, Sect. 1. Chap. 14. *Entre se base de la semilla de un arbol cosida. Yes frio en tercero grado, con alguna adstriccion, Mitiga la sed: y, machado con el agua, templalís calenturas ardientes, y cura la dysenteria de humores colericos. Da gusto, y sabor, y oler al Chocolate, y le base mas fresco: de mas de que ajuda a la digestion, y no solo se mezcla para color al Chocolate, si no por que engorda, y annide sustento, con la parte pingue, y butirosa, que es la, que en el prava- lese: y siendo assi, tiene partes calientes, como son todas las butirosas.* It is made of the grains of a Tree boiled. It is cold in the third Degree, with some adstriction. It allays the Thirst, and being mixed with Water, it tempers the burning-Fever, and cures the Bloody-flux, occasioned by Choler. It gives a taste, relish, and colour to *Chocolata*, and makes it more brisk; besides it helps digestion: nor is it mixed with the *Chocolata* for the colour's sake alone, but also because it fattens, and encreaseth its nourishment with its fat and butyrous parts, which pre-

prevail in it: and, being so, it must needs have hot parts in it, as have all butyrous things.

With this agrees the *Mexican Herbal*, lib. 3. cap. 41. *Frigida est ordine tertio, & nonnullam siccitatem adstrictionemque participat.* --- *Extinguit, epotum, aut admotum, febricentium incendia, opitulatur Dysenterii, repellitque tumores præter naturam; quo fit, ut Epithematis, frigorificis Potionibus, seu Julapiis, & quibusvis infrigidantibus cibariis, & Medicamentis, misceri perquam commodè possit. Additur semen Chocoatl (id est, Chocolate) refrigerii gratiâ, commendandique saporis, atque coloris. Dentium doloris è calida causa ortos lenit, corroborat, evocat urinam, sitim extinguit, accrosi apud aliquas gentes gerit vicem.* --- *Adstringit nonnihil, idèque, cum resina permixtum, medetur scabiei, atque ulceribus, ventriculum corroborat, fluxum alvi cohibet, lac augeat permixtum crustis Cacaoatl (id est, Chocolate) quem reddit innoxium quâcunque mensurâ bibatur: ejus siquidem gratiâ, faciliè, ac citra satietatis incommodum solet concoqui. (i. e.)* 'It is cold in the third Degree, and 'participates of some adstriction, as well as 'dryness. --- Being given inwardly, or 'outwardly applied, it allays Feverish distempers, it helpeth the Bloody-flux, and 'repels præternatural Tumours; for this 'cause it may be mixed in cooling Epithemes, Julips, or any food, or Physick, used 'to cool. It is mixed with *Chocolata* to 'cool, as well as to embitter the taste, and colour

y See Pison.
Histor. Ind.
utr. l. 4. c. 14.

colour. It helpeth the Tooth-ach arising from hot causes, it strengthens the Gums, it provokes Urine, it quencheth Thirst, and with some Nations it is y used instead of Saffron. — It is somewhat adstringent, and therefore, being mix'd with Rosin, it cureth the Itch, and Ulcers; it strengthens the Stomach, stoppeth the Fluxes of the belly; it encreaseth Milk, being mix'd in *Chocolata*; which last drink it renders very innocent, in how great quantity soever it be drunk: for, by reason of the mixture of *Achiote*, it is drunk down easily, and without any ensuing nauseousness of the Stomach.

Lib. 5. c. 3.

Jo. de Laet in his Description of the *West-Indies* reports thus of *Achiote*. *E semine [sc. Achiot] fit tinctura coccinea, quâ Pictores utuntur: eadem & in Medicina usurpatur, quum frigida sit qualitate. Cum aqua aliqua ejusdem qualitatis hausta, aut foris applicata, mitigat æstus febriles, sistitque Dysenteriam, denique utiliter adjungitur omnibus Potionibus refrigerantibus, unde etiam vulgò miscetur potioni Cacao ad refrigerandum, & bonum saporem & colorem illi conciliandum. i. e. ' Out of the seeds [of Achiot] there is made a Scarlet tincture, which is used by Painters. The same is also used in Physick, being of a cold Quality. Being mix'd with a proper Vehicle, and either given inwardly, or outwardly applyed, it allayeth Feverish heats, and stops the Bloody-Flux.*

Flux. In fine, it is with much benefit put into cooling Drinks; wherefore it is commonly mix'd with the *Cacao*, to make it cooling, as well as to amend the taste, and colour.

I have shewed the Opinion of such, as favour its being cold even in the third Degree; and therein only it is matter of Opinion; for as to the Effects attributed thereto, I believe them to be of unquestionable authority, being grounded upon the practise of the *Indies*, and not established upon Conjectures. I now come to propose the Opinion of that diligent observer *Roblez*, who irreconcilably differs from the rest, as it follows. *El Achiote, o Viza, assi le llaman los Indios, le echan en las comidas por a cafran. Es caliente, y enemigo de nuestro calor natural, offende las partes espirituales, estraga el higado, es ventoso sobre manera, por que su calor, y humedad, pasa de segundo o tercero grado, lleuanta vapores gruesos, hincha los Hypochondrios: dicen que es a proposito para las passiones de ornia. Todo el Chocolate, que viene de la Nueva-Espanna, y Guatimala, viene cargado desta terrible veza, baptisado con nombre de Achiote; y deven los Medicos a consejar, no se use desse con exceso, por que tengo por sin duda, que el Achiote es una linia serda, que produce en nos otros malas passiones: y assi desseara tener autoridad para moderarlo, tengole por caliente en grado tercero, y humedo en segundo;*

y por sus propiedades enemigo de nuestra naturaleza. That is,

' *Achiote*, or *Viza*, as it is call'd by the
' *Indians*, is used by the Natives in their
' meats instead of Saffron. It is hot, and
' destructive to our natural heat, it offends
' the spiritual parts, it weakens the Liver,
' it is beyond measure flatulent, and windy;
' because its heat and moisture equals the
' second or third Degree: it raiseth gross Va-
' pours, it causes a tension in the *Hypochondria*: they say, it is good to ease Distem-
' pers occasioned by stoppage of Urine. All
' the *Chocolata*, which comes from *New-Spain*,
' and *Guatemala*, is fill'd with this horrible
' Ingredient, Christen'd with the name of *A-*
' *chiote*, and Physicians ought to give advice,
' lest people use it in too great a quantity,
' and with excess: because I am undoubtedly
' assured that it insensibly consumes us [*the*
' *Spanish is not to be expressed, I think, more*
' *fittingly*] and creates in us many other
' evil Distempers: and therefore it ought to
' be restrained by publick Authority. I
' suppose it to be hot in the third Degree,
' and moist in the second: for its Quality it
' is repugnant to our nature.

z Yet it hath
so violent a
piercing on
the tongue,
that the im-
pression cea-
seth not of a
long time af-
ter.

It may seem very strange how so learned
and experienced and observing a man could
run into an Opinion so contrary to the o-
ther of *Hernandez*, both living in the *In-*
dies, one in *Mexico*, and the former in *Peru*.
If we regard our z taste, it seems to plead
for

for *Hernandez*: as being evidently cooling
(though not to that Degree) and some-
what adstringent; though the coldness and
adstringency sensibly differ, according as it
is better or worse prepared: I mean ac-
cording to the taste, for I have yet ex-
perimented it no further. If we consider
its Effects, such as have been related, they
seem still to oppose *Roblez*, and assert its
cooling, and adstringency. As to that en-
mity, which he maketh it to have with hu-
mane Nature, the universal experience of
the *Indies* (and of all, that use it; suppo-
sing the *Achiote* rightly prepared) parti-
cularly of *Brasile*, *New-Spain*, and *Guatima-*
la, in the latter of which *Chocolata* hath
been immemorably drunk, and in both which
places it is the general and famed Drink,
doth refute him. Nor is every thing,
that is hot and moist in the third Degree,
to be exterminated Physick, as destructive
to our nature. What Apology then can we
make for so learned and observing a man?
The principal excuse, that I can make for
him, is, first, that he relies upon a the Autho-
rity of the *Indians*, who it seems are as
peremptory, that *Achiote* is hot, as that
Chilli; or red Pepper is cold. Secondly he
observed, what is also granted by *Ferdi-*
nandez; That, however it had cooling and
adstringent effects, it had also an operation
of a quite different nature: for *per las par-*
tes aereas, y delgadas tambien desopila, y pro-
voca

a One says
of him in this
case, *Falsa In-*
dorum iradi-
tione errat, non
exalto verita-
tis examine.

voca mezes, y sudor: by its *aereal* parts it did open *Obstructions*, provoke the courses in *Women*, and cause *Sweat*. And this operation of *Achiote* is likewise attested by two eye witnesses, *Dr. Juanes de Cardenas*, and *Dr. Juanes de Barrios*; and is confirmed to us by

b Mr. Gage's
Surv. c. 15.

Mr. Gage in these ensuing words. *Achiote* hath a piercing attenuating Quality, as appeareth by the common practise of the Physicians in the Indies, experienced daily in the effects of it, who do give it to their Patients, to cut and attenuate gross Humours, which do cause shortness of breath, and stopping of Urine: and so it is used for any kind of Oppilations, and is given for the stoppings, which are in the breast, or in the region of the belly, or any other part of the body. Now, since

these effects are usually performed by Medicines of such a nature, as *Roblez* attributes to *Achiote*, it is to be presumed, that he said it upon that ground: but that *operatio sequitur esse*, that from a parity of Effects one may argue a resemblance of Causes, is

an error in Physick. And in that he saith, it hath an opposition, and qualities destructive to

to the nature of Man; I suppose, it being granted to have a *diuretique* and *diaphoretique* nature, and that it introduceth a fusion (and precipitation oftentimes) in the Blood, it may then be granted to bear an hostility against our bodies, if taken by way of food, what is really Physick; and what *Hippocrates* saith of Purges, that those in health bear them with difficulty: and that they do depredate, and dissolve, by way of colliquation, the flesh, this is true of *diuretique* Medicines, if frequently or continually used by persons in perfect health: which as it is the course prescribed to make people lean, so it is inconsistent with the intended use of *Chocolata*, which is to make fat: and this might as well merit his censure there, as the causeless taking of *Smallage*, and *diuretique* pottages with us in Spring. He prohibits it *con excessu* only, in too great a quantity.

This I thought to be fit to say by way of Apology for *Roblez*; I shall only add, that others do repute this *Achiote* to be of a very temperate quality: and as no sense evinceth it to be hot; so its *de-obstructing* faculty, and its *diureticalness* (it being highly commended not only to dissipate gross Humours, but even the Stone in the kidneys) argue it not to be very cold. However, it is certain, that the *Achiote* ought to be good, and that it ought to be put in but in a due quantity: for as the Reasons specified render the excess of it suspicious;

so do those other, that it *meliorates the colour, taste, and smel of the Chocolata; and makes it agreeable to the Stomach; these manifest the necessity of commixing some: and for this we have the Precedents of New-Spain, and Guatemala, and Mexico, and the general consent of such Writers, as have recommended it to the practice of other parts of the World; as you may see in Piso's Discourse of Chocolata.*

Mecaxochitl, Mecacuchil, Mechafuchil, or Mecacuce (as *Paulus Zacchias* calls it in *c* *Piso*) in *Spanish* it is called *Manojitos de olor.* *d* It is a peculiar sort of *Pepper*, growing only in *Mexico*, and as it resembles *long Pepper*, so it may be reckoned as a sort of it. It is *hot* in the *fourth Degree*, and *dry* in the *third*; if we may credit *e* *Hernandez*, and *f* *Piso*: but as other Ingredients have been strangely represented by *Indian Physicians*, as to their *qualities*, so it is with *Mecafuchil*, for *Franciscus Ferdinandez*; (*lib. 2. Sect. 1. c. 13.*) gives us an Opinion of his very discrepant from the former, *viz.* that it is only *hot* in the *first Degree*, and *dry* in the *second*: his words are these; *Esta especie Aromatica es caliente en primero, seca en segundo, cordial, util à las ventosidades, y contra veneno, echa la criatura muerta, es provocativa de meses, y orina, que facilita los malos partos, y abre opilaciones, y es corroborante con moderada adstriccion; que repara el calor nativo, y alimenta el influente con nubes*

c *Piso Mantif. Arom. c. 13.*
d *Id. ubi supra.*
e *Hernandez Herb. Mexic. lib. 5. cap. 13.*
f *Ubi supra.*

evos espiritos, que cria, fortalece el higado, y es excelente en la templanza y mixtion Aromatica.

'This sort of *Spicery* is hot in the first Degree, and dry in the second; it is Cordial, good against Wind, and Poyson; it brings away the dead child, it provokes Urine, and the Terms; it gives quick delivery in time of an hard labour; it opens Obstructions, and strengthens the body with a moderate adstriction; it repairs the decay of natural heat, and fills the nourishment passing to each part with new spirits, it strengthens the Liver, and is of an excellent temper, and Aromaticque mixture.

It is put into *Chocolata* not only because it gives it a good taste, but because it opens Obstructions, cures Colds, and Distempers arising from cold causes; it attenuates gross Humours, it strengthens the Stomach, and it amends the Breath, and resisteth Poysons, and in this Character *e* *Hernandez* and *c* *Piso* differ little. *Ubi supra*

Xochinacatzlis, Xochinacatlis, Orichelas or Orejuelas, (in *Spanish*) and (in *Latine*) *flos auriculæ*, *h* is a tree with long and narrow leaves, which bears somewhat large flowers, the leaves whereof are inwardly purple-colour'd, and on the out-side of a grass-green, they somewhat resemble ears, whence they have their *Spanish* name: they are of a very pleasant smell. These flowers are of great esteem in the *Indies*; there is

h *Hernandez & Piso ubi supra.*

not any thing more *valued*, nor more common in their Shops. They contribute much to the grace of the *Chocolata*, and improve it as far beyond its self, as it transcends other Drinks: they give it a rich scent, and taste, and render it very wholesome. It is said by ⁱ *Hernandez* to be *hot* in almost the fourth Degree, and *dry* in almost the third: and ^k *Piso* ascribes to it the same temperament, that he doth to *Mecasuchil*. It is allowed ^l to strengthen the stomach, being troubled with cold, and wind; to revive the Spirits, and beget good blood, and nourishment, and to provoke the monthly evacuations in women. But its temperament is more controverted: for the Doctors *Juanes de Barrios*, and *Cardenas* repute it *hot* in the first Degree, and *dry* in the second. I have already declared the Opinion of *Hernandez*: and *Franciscus Fernandez* (lib. 1.) saith, it is *hot* in the third Degree, and *dry* in the second. His words are, *Ninguna es de mayor valor, para esta bebida per Aromatica cordial, y de excelente olor: caliente en tercero grado, seca en segundo, y que conforta el corason, cordial en la vitalidad, cria muchos y rebustos espiritos, y mas de los vitales, de fuerte y robusta mixtion, indissolubiles: y es de excelente sabor.* 'There is no Ingredient in *Chocolata* of greater esteem, by reason of its Aromatical and Cordial virtue, and excellent smell: it is *hot* in the third, and *dry* in the second Degree, it

'strengthens

ⁱ *Hernandez*
Herb. Mexic.
lib. 2. cap. 4.
^k *Ubi supra*.

^l *Hernandez*,
& *Piso* ubi
supra: with
whom agree
the Dr. *Juanes*
de Barrios,
& *Cardenas*.

'strengthens the Heart, and Vital parts, it begets many and strong Spirits, and especially the Vital Spirits of a strong mixture, not dissipable: and it hath an excellent taste.

Besides the fore-mentioned Ingredients, several others are put in partly by the *Indians*, as *Maiz*; partly by others, as *Anise-seeds*, *Fennel-seeds*, *Cinnamon*, *Saffron*, *Sugar*, *Cloves*, *Mace*, *Orange* and *Limon-pill* (in a small quantity) *Musk*, *Amber-grise*, *Orange-flower water*, *Almonds*, *Filberts*, *Pistaches*, the Chymical oyls of *Cinnamon*, *Cloves*, *Nutmeg*; and some leave out *Achiote*, and colour it with *Santals*: in fine every *Chocolata*-maker puts in what he doth think good, and cordial, or pleasant, and leaves out what he dislikes, insomuch that some reduce *Chocolata* almost to *Ginger-bread*; and put in little of the true *Cacao-nut*. Nor is this variety practised only in *England*; in *Spain*, and *Portugal* there is the like; and an infinite discrepancy in the Ingredients, and proportions ^m of them. I have not time, nor can it justly be expected, that I should give a particular account of the mentioned Ingredients, whose Nature may be found in every *Herbal* almost: I shall only give these general Observations.

to the other Ingredients: in that, which I commonly use, the *Cacao-nut* is little more then half of the composition, which proportion is allowed by *Piso*: in the vulgar *Chocolata*, which is made to eat in *Cakes*, or *Lozenges*, there is hardly a third part of the *Cacao-nut*.

^m In that, which I made, and which pleased His Majesty, the proportion of the *Cacao-nut* was double

CHAP. IV.

General Observations about Chocolata.

1. **T**hat there ought to be a great care in the due choice of the *Cacao* nut. For there is a great variety in the *nature* and *taste* of the *Nut*: some are *bitterer* then others, some are more *oily* and *nourishing* then others. Thus those of *Carraca*, or *Nicaragua*, were chosen by me to prepare *Chocolata* for His Majesty, notwithstanding that I had seen some from *Jamaica*, that were very well *tasted*, and well *cured*: for there is not only a great difference in the growth and nature of the *Nuts*, but in the *curing* of them; for, if they be not gathered in due time, and well sweated after they are gathered, and that upon Mats, not Boards, (for the Mat dries up the sweat better, then the Board, in which whilst they soak, the *Phlegm* is re-inbibed by the Nut, and the *oily* parts not sufficiently exalted, and digested) the *Nuts* are not so good, as that we should expect any great excellency from the *Chocolata*.

2. That there ought to be a great care in the Picking, Garbling, and preparing the *Nuts*. It is not sufficient to choose *Nuts* of a good age, and growth; old, but not decayed: (for these are most *oily*) nor to cast away such, as are apparently corrupt: but having dried them (in the doing of which beware you burn them not; and so *imbitter* the

the Composition) you must *bull* them, and then *pick* them, casting away all the corrupt and musty ones; for, if you be not careful herein, the *Chocolata* will in a little time shew it self to be musty, and decay. I had once some new *Chocolata* shew'd me, to ask my judgment of: and it seemed to me then very pleasant, and good: within a fortnight after, I tasted it, and it was good for nothing; so musty was it, after it had fermented a while by standing: yet was it carefully kept. It is usual amongst the *Chocolata-makers* to repute those *Nuts* good, and sound, which are blackish, and not musty, nor rotten; though upon breaking of the Nut, in the several divisions and parts there be in *intercurrent hoariness*, which will vanish at their drying: but I suppose all rational Persons will grant, that that is a *tendency to corruption*; and any curious Observer will distinguish those *Nuts* from such, as have not the least *inchoated* decay, by the taste. After all this garbling, they must be well beaten to powder, and finely *searced*, or else the *Paste* will not be good: for, although, in the *grinding*, they will mix, and melt into a *Paste*, yet will not that *Paste* consist of so *small Particles*, as when *searced*; and consequently not dissolve so well in the *Potion*, as otherwise it would.

And after it is thus prepar'd, in the grinding of it there is much of Art: I have already excepted against the making it in a

Mortar, or on an Iron Table; the only way to moderate the heat, and to preserve it from discolouring (by the iron) or running too fast into oyl, whereby it is made unfit to keep; and also some parts unequally dissolve, the *Spices* mix not well, and it is precipitated in the making up before a sufficient incorporation, and never ferments right, nor attains its perfect gust.

I have already spoken concerning the way of grinding the *Spice*, rather then beating it; and that with this caution, that the *Spice* be not only ground singly over, but after ground all together, that so the several parts of each individual *Spice*, and Ingredient, may operate upon the subtiliating of the other; besides that hereby each is more exquisitely commix'd, then by any other way can be contrived.

I am of the mind, that if there be any settling at all in the *Chocolata* Drink, it is either because the Nut is faulty, being ill-cured, unripe, new, or corrupt, and so its parts dissolve not into oyl, but sever themselves, or because it is not well beaten, and searced; or made up too hot, and so hastily dispatched, because some parts dissolve too much, and others not at all: or the *Spice* is not well beaten, and incorporated; or by reason of some other Mixture: for otherwise there will not be any Settling at all, nor any such terrestrial parts, as some besides the *Spaniards* do imagine. This is to be understood of the *Chocolata* being hot: for, if it cool, the pores of the

the water, being fill'd with a sufficient proportion of Particles, do precipitate the superfluous Corpuscles to the bottom; as do other liquors in the like case. To prevent this discovery, the *Chocolata-sellers* mix an egg or two or more with it, that so the indissolved, or indissoluble parts may be supported by the grossness of the Liquor. The like is to be seen, when it is prepared with Milk; which is a thicker body, and will bear more and greater parts innatant, then water: yet it is to be noted, that let the best *Chocolata* be prepared milled, and unmilled, and there will be a great discrepancy in the innatant, supernatant, and subsiding bodies; but in good *Chocolata* either there is no settling, or remanence in the bottom of the Cup you drink, if it be indifferent warm: or, if there be, it is not black, but reddish and oily, and easie to be digested; the contrary whereof is observable in the ordinary, and *Spanish*, as well as *Dutch Chocolata*.

Since that the effect of *Chocolata*, as to its nourishing nature depends upon the *Cacao* nut, that *Chocolata* is best, which hath most of it; all things else corresponding: and that worst, as to the aforesaid end, which hath least of it; though that be endeavour'd to be supplied by *Almonds*, *Filberts*, *Pistaches*; these last being more stopping, less nourishing, and not dissolving in the Position proportionably to the other.

Since that the Paste must be well work'd, and

and that the excellency of *Chocolata* lies in that the parts of the *Cacao* nut, being not too much dissolved into an oyl; for then it will not keep; nor endure the heat of your hand, or pocket (especially in *Cakes*) but melt; and yet must be kept in a box, or place temperately hot, and free from moisture, or it will mould and decay: or, in that the said parts of the *Cacao* nut be sufficiently dissolved; for otherwise it will keep neither (in *England*, without care) nor ferment well, and attain its delicate taste; but yield a settling: Upon this score it seems to follow, that neither the putting in of *Orange-flower water*, nor *Chymical oyls*, into it at its making up, is good: for it hinders it in the working, to be sufficiently dissolved; or causeth it to dissolve too much: nor could I ever yet see any with those oyls in it, which would keep or carry well (especially in *Cakes*:) but this is not the only reason against them.

For, if to *Stomachs*, that are in perfect health, and of a good temper, it be prejudicial to give things too hot, and qualified rather to dissipate than continue the vigour of the *Spirits*; and such are *Chymical oyls*, and hot *Spices* in a great proportion: hence we see cold distempers, as the green-sickness, rheums, and the like, to follow upon eating much thereof; as ⁿ *Piso* observes, that eating of *Nutmeg*, (however much cryed up in distempers of the Memory, and Brain) did

ⁿ *Piso* in *Man-*
tiss. Arom. c. 9.

did introduce, to his knowledge, forgetfulness, dulness, and sleepiness. The like is observed concerning *Nutmeg* and *Mace* in *Java* by ^o *Bontius*: and *Rondeletius* somewhere tells us, that in *France* the Maids drink *Ginger* to make them look pale: of which I once saw the Experiment in a fair Patient; which recovered upon the discontinuing of what she drunk by advise as *Physick* for a cold *Stomach*. But however that I do not approve of the putting in of those *East-Indy Spices*, yet I do

not any way disallow those more delicate and mild ones of *America*; the defect of which I suppose is not to be supplied by any *Cloves*, or *Nutmegs*, or *Black Pepper*. And although I do commend our *American Spice*, yet would I not have excess of them, but a mediocrity; especially of the *Chiles*, or long red *Pepper*, which though it be very good for weak *Stomachs* (which reign generally in the *Indies*, and hot Countries) yet hath it its faults, which I have already recited: yet of this, that, which is brought as the richest from *Spain*, (and imitated by several here) is too full; so as that I have felt the impression of it on the

^p As to the *Chymical oyls*, you have a further exception against them hereafter: be pleased here only to add, that such oyls being dissolved in the *Stomach*, as they are more dissippable (so as to relinquish the *Cacao-nut* in the *Stomach*, whilst they diffuse themselves by the *Nerves*, or *Veins*, into the body) and more dissipating being vigorated by the fire, and disengaged from the gross parts, which detained them before in solid *Spices*; so the use of them frequently or constantly produceth the same infirmities, that do the *Spices* themselves.

glandules

^o *J. Bontius*
de Med. Ind.
lib. 1. cap. 5.
De Aromat.

glandules of my throat for a long time after I drank of that *Chocolata*.

Since that it is necessary, that *Chocolata* be kept at least a moneth, before that it can arrive to its proper Taste; which is a known thing, and I have tryed it: even that, which so pleased him above any, that *Spain*, or *Flanders* produced, had not the advantage of time; for a moneth after it had a much more excellent taste then before. It being so, we are to have regard to the particular age of the *Chocolata* to be used: for, if it be new, it is not come to its Maturity, nor attained that perfection, which is to be gain'd by long Digestion, and Fermentation; it being observed, that several Compounds (which is demonstrable in *Treacle*, and *Mithridate*) derive a particular virtue from a long Fermentation, distinct from what the several Ingredients new put together have: nor is this benefit of Fermentation to be denyed to *Chocolata* (though it can never be bad, if the Ingredients be good, and well ordered, and proportioned) since we experience it in the good *Chocolata*, that it becomes better; and in the bad, that (however it may taste well at first; if the nuts be corrupt, and musty) it will suddainly grow worse, notwithstanding the goodness of the *Spicery*.

Since Age and Fermentation is so requisite to the improving *Chocolata* (which is avowed by the most accurate *Spanish Physicians*: I leave it to the consideration of Men,

Men, if the making it up into *Cakes*, or *Lozenges* can be so good; since neither in so small a proportion, nor so small a bulk do Compounds ferment well, nor Spicy preparations keep their vigour.

Besides, if Age and time be requisite to the imbettering *Chocolata*, how can any *Chymical Oyls*, or *Spirits*, be properly put in, since they admit not so long keeping, but evaporate, and so destroy the Composition intended to be enriched by them: they carry away with them the choice parts of the *Cacao Nut*, and deal by *Chocolata*, as hot Drinks and *Spicery* by our bodies, which create *Apoplexies*, *Palsies*, and other cold Distempers.

CHAP. V.

Concerning the effects of *Chocolata*.

TO speak concerning the particular effects of *Chocolata* may to some seem a superfluous attempt; and to others impossible. The former may ground their Opinion upon what I have said of the *Cacao Nut*; whose virtues and nature being known, we cannot ignore the nature and effects of the plain simple *Chocolata*, such as alone hath the commendation of the *Indian Experience* for so many years: it being made up of nothing but *Cacao Nuts*, and *Pocholt-grain*,

grain, (which I suppose to be all one with the *Paniso*) incorporated; and in time of use it was dissolved in *Atolle*, (which *what* it is I have already told) and that this was refrigerating, and very alimentous, is undubitable. The *Achiote*, *Orichelas*, and *Vaynillas*, were not ordinary Ingredients, but occasionally put in, as People's Stomachs could not bear the common Composition, it being too cold, or too Uuſtuons (and so relaxing of the Stomach) to Persons of a more then ordinary debility of Stomach: and according as they were more or less weak, so they put in more mild Spices, as the *Vaynillas*, &c. or the more violent, as *Agies*, or *Guiny-pepper*. So that I, having enlarged about the *Cacao* Nut, may justly seem to decline a repetition of what I have said. And as to more elaborate Compositions, abstracting from the already declared nature of the *Cacao* Nut, and other Ingredients already related, or hinted, it seems impossible to declare any great thing concerning those, since their Compositions are unknown, and not established by Experience, but the conjectures of Physicians, or ignorant *Chocolata-makers*, who amass whatsoever is good, or pleasant alone, to be an Ingredient of this Composition. Which course is very vain and foolish, since even *Cordials*, and *hot things* (however effectual in swoonings, or distempers of cold and winde) are prejudicial to the healthy, and suit not with

with all Tempers; no, nor with any as constant Diet, but as *Medicinal*, which is not the real use of *Chocolata*. The *Indians*, as they used it for food, and daily aliment, prepared it as aforesaid: upon occasion of Fevers, and other hot Distempers, they made some little alteration of it, suitable to the disease, and so in Fluxes, and Dysenteries, and imbecillity of Stomach. They put no Sugar in it, nor otherwise enriched it in that they ordinarily fed on; and to this day they have not encreased their way beyond ^q *Cacao*, *Achiote*, *Maiz*, and a few *Chiles*, and a little *Anise-seed*. Nor did the *Spaniards* vary much from it, long after they had subdued the *Indies*. About fifty years ago it began to be used in *Spain*, being sent over for a delicacy, after that they had enriched it, and given it a pleasant *gusto* at *Mexico*. And what is now used, if we look back to *An. Colm. de Ledesma's* way, is of a newer date: and if it scarce have the credit of being experienced; much less have the several variations created since: which have no other Original, then that a *Spanish* Physician, finding his Patient used, or enclined to *Chocolata*, prescribed it to him, or her, with a mixture of these Spices, or other pleasing and rich Ingredients (and sometimes not so) to be taken to open Ob-

q Mr. Gage
Chap. 16.

r Thus Ant.
Colmenero

says, you may add the seeds of *Melons* and *Pompions* of *Valencia* dried, and powdered, or *Ceterach*, *Amber-grise*, and *Musk*; others add *Trechises* of *Rhubarb*, *Madder-roots* powdered, and prepared steel, and so give it, as an alterative.

structions,

structions, and to strengthen Nature after a general course of Physick premised : and this kind of *Chocolata*, being successful in the recovery of one Grandee, or eminent Lady, must be propagated to be the entertainment of others, whose indispositions require it not, or whose healthy condition cannot bear it. For it is not to be thought, that *Gusman de Alfarache's* Hospital of Fools is confined to England; no, in other Countries there are those, that can be as impertinent in their *Chocolatas*, or other *Cordials*, as our Ladies, and Gentlewomen are, who obtrude upon their Visitants their Diet-drinks, Herb-pottage, Cordials, and Confections, with the solemn recommendation of, It was used by such and such :---It contains nothing, but what is opening, ---It is good for the Spleen, or Liver, ---It dissipates wind, ---and a thousand such like prefatory Discourses to endear to them their mischief. This is that, which hath occasioned that variety of *Chocolata* in Spain, so that scarce two houses in *Sevil* make it alike. And amongst us the case is worse, since that the mixture of Chymical Oyls (unknown in *Spain*) and several Magisteries, give scope to *Chocolata* makers, and Ladies to practise with, as well as Physicians.

I thought it my duty to give publick notice hereof, to the end, that Physicians might be acquainted with the reason of the great discrepancy in *Chocolata*, and that others might

might be cautioned against the following the particular preparations of several persons, who have sophisticated and spoiled one of the most excellent and healthful drinks in the world. It is true, that Physicians say how in Alteratives there is little mistake in the dose, or quantity : but this respects their being given once, or but for a short time : and so these alterative *Chocolatas*, being taken but once, or seldom (if the Ingredients be not violent, nor the body Cacochemical, nor the season sickly) may little endamage the sound; and as little amend the sick. But, if they be often taken, or constantly by way of repaste, it is not to be doubted but how little error soever be, or can be committed in the dose, a great one will be committed in the continuance, if either the body be healthful, or possessed with a distemper not requiring (or repugning to) the additional Ingredients in the *Chocolata*. And several have experienced the consequences of this variety of mixtures, and uncertainty of compounding *Chocolata* : for, having taken *Chocolata* of *Autwerp* for Hypochondriacal distempers, by using that of *Spain* they have instantly been molested with the Hemorrhoids. Some, having been troubled with a virulent *Gonorrhoea*, and debilitated therewith, have took the plain *Cacao*-paste with Nutmeg, Mace, Cinnamon, and Sugar, to advantage; but being indifferently well, or recovered quite in a manner, by drinking of *Chocolata*

made up with ordinary Pepper, they have relapsed, or incurred a sharpness of Urine, to their great astonishment; they not understanding the difference of *Chocolatas*. Others, having been troubled with the apprehensions of a Consumption, and Cough; and having found benefit by the simple *Chocolata* used by some ordinary sellers of it, meeting with a parcel of what hath been esteemed choice, and rich, by using it they have been damnified in their health; their Rheums have been encreased by a colliquation of the humours, the palat of their mouths being brought down by the keenness of the *Chiles* acting on the *glandules* about the throat; and, their blood being heated, their Sleep hath forsaken them. In fine, the issue hath been altogether contrary to their expectation, and perhaps the Physician, who recommended it, hath, as well as his Patient, entertained an ill opinion of the Drink, whereas they ought to blame the *Chocolata*-makers, who inform them not of the variety of Ingredients, wherewith it is made.

I come now to represent the virtues of the compound *Chocolata*, the praises whereof I would not have understood of the several rich Compositions not authenticated by experience, nor known to the world, nor those Authors I shall alledge: all they say is to be restrained to the plain *Chocolata* of the *Indies* made up of the *Nut*, *Maiz*, *Achiote*, a few *Anise-seeds*, and *Chiles*; pro-

por-

portioned, and suited to the temper of the Patient, and given in pure water, or *Atolle*, (and the last more or less plain, as occasion served) or of what was not discrepant from it by the mixture of any vehement Spices of the *East-Indies*, but the more milde ones of *America*, as the *Vaynillas*, *Jamaica-pepper*, *Sugar*, and the like; which being within no unsuitable latitude, I shall report their Characters promiscuously.

Franciscus Fernandez, principal Physician in the Kingdom of *Mexico* under *Philip II.* and appointed by him to enquire diligently, and to write of the Natural and Medicinal Rarities of that Province, saith of *Chocolata* thus: *Es una de las mas saludables, y preciosas bebidas, de quantas hasta oi estan descubiertas: por que en toda esta bebida no se echa cosa, que sea mala, ni haga danna a la salud, si no todas cordiales, y de mucho provecho, para vi eios ninnos, mugeres prænadas, y gente ociosa: y conviene no beber tras della, ni comer otia cosa, ni hacer exercicio despues de tomarle, si no estar se un rato quieto. Y deve tomarse bien caliente.*

‘It is one of the most wholesome and precious Drinks, that have been discovered to this day: because in the whole Drink there is not one Ingredient put in, which is either hurtful in it self, or by commixtion; but all are cordial, and very beneficial to our bodies, whether we be old, or young, great with child, or others accustomed to a

‘ sedentary life. And we ought not to drink,
 ‘ or eat after the taking *Chocolata*; nor to
 ‘ use any exercise after it: but to rest for a
 ‘ while after it without stirring. It must be
 ‘ taken very hor. ¶ This is the Chara-
 ‘ ter of *Chocolata* with *Achiote* in it: for *Fer-*
dinandez did much approve thereof.

Dr. Juanes de Barrios speaks thus of it:
Digo pues, que es menester considerar, que al
principio, que esta bebida se començo à usar, se
hacia de menos simples, y cosas, que el dia de oi
se hace, por que los Indios antiguos de Guati-
mala no echavan en ello que oi echa: y no es de
maravillar, por que en las comidas, y bebidas, y
cosas compuestas, el uso, y el tiempo las perficiona,
hasta darles el punto de la salud, y de gusto, que
oi tiene, y esto passa en los usos, hasta darle su
punto.

‘ I say, it is to be considered, that in the
 ‘ beginning, when this Drink of *Chocolata*
 ‘ came first to be used, it was made of fewer
 ‘ Ingredients, and things, then it is now
 ‘ made with; because the antient *Indians* of
 ‘ *Guatemala* did not put into it them, as now:
 ‘ nor is that to be marvelled at, because in
 ‘ meats, and drinks, and all manner of com-
 ‘ positions it is Natural for them not to be
 ‘ begun, and perfected at once: but this
 ‘ must be done by time, and practise; till
 ‘ they arrive at that height of healthfulness,
 ‘ and taste, which they get at length. And,
 ‘ having said this, he adds, *Es comoda pues ella*
sola suple el almuerzo, y algunas otras comidas,
 por

por que con ella no es menester, pan, ni carne, ni
 bebida: y en uno momento se hace, y saca, lo
 que no ai en las otras. ‘ It is good alone to
 ‘ make up a breakfast, and supply other victu-
 ‘ als; because, having it, you need no further
 ‘ meat, bread, or drink: and in a moment it
 ‘ is prepared, which is not to be found in
 ‘ others.

Dr. Juanes de Cardenas concludes thus of
 it: *I digo, que usado con esta advertencia, se va*
de mucho provecho para la salud, y es bastante
a alargar los dias de la vida; por que fuera
de que da buen sustento al cuerpo; ajuda a gestar
el mal humor, vacuandole por sudor hieses, y
urina: y digo otra vez, que entierra ninguna
es mas necessario, que en las Indias, por que
como es humida, y dexativa, andan los cuerpos,
y estomagos llenos de flemas, y de superflua hu-
midad, laqual con el calor del Chocolate, se
cuesse, y convierte en sangre, lo que no hace el vi-
no: por que realmente antes se azeda, con la
flema, y suele abitar mas.

‘ And I say, whosoever takes it with the
 ‘ cautions, and directions aforesaid, takes it
 ‘ with much benefit, and it conduceth much
 ‘ to the lengthening of his life; and the rea-
 ‘ son is, because it yields good nourishment
 ‘ to the body, it helps to digest ill humours,
 ‘ voiding the excrements by sweat, and urine:
 ‘ and I say, it is no where more necessary
 ‘ then in the *Indies*, which are moist, and apt
 ‘ to create lassitudes, their bodies there be-
 ‘ ing, together with their Stomachs, full

of Phlegm, and superfluous moisture, which are concocted by the heat of *Chocolata* into good Blood; which is an effect beyond what Wine produces: for the Wine doth degenerate into sourness, and corrupts together with the Phlegm, and multiplies indigestion.

John de Laet, Secretary of the *West-Indy-company* in *Holland*, a Man accurate both in the Geography, and natural History of the *Indies*, represents it thus: *Chocolata variis modis componitur pro cuiusque appetitu: de qua hoc tantum dicemus, quod præclare nutriat; verum si nimis crebro & immoderate sumatur, debilitat, & alia præterea adfert detrimenta.*—*sc. immodicus usus potationis è Cacao confectæ plurimarum infirmitatum & morborum causa est: quia generat Obstructiones, corrumpit colorem, & inducit Cacochymiam, & similes prævos effectus.* *Chocolata* is made several ways according to each Man's fancy: concerning which we shall only say, that it nourishes very well; but, if it be used too much, and too often, it begets weakneses, and other indispositions: *sc. the immoderate use of it multiplies Obstructions, spoils the Complexion, and introduces a Cacochymy.*

Jacques Amproux in his *Natural and Moral History of the Isles of America*, (ch. 16.) gives us this Intelligence, *Le Cacao croist en la province de Guatimala, pres la Neuve-Espagne, qui est aussi un fruit tres-renommé en toute*

toute l'Amerique, pour être le principal Ingredient, qui entre en la composition de la Chicolate, ou Chocolate, d'ont on fait un bruvage souverain pour fortifier la poitrine, dissiper toutes les humeurs malignes, qui s'y attachent, chasser la gravelle, y tenir le corps frais, y dispos, pour veu qu'on le prene modérément.

The *Cacao* grows in the Province of *Guatimala*, in *New-Spain*: it is the most renowned Fruit in all *America*; because it is the principal Ingredient in *Chicolate*, or *Chocolate*, which makes a sovereign Beverage to strengthen the Stomach, to dispel all evil Humours, that trouble it, to evacuate the gravel, and to preserve the body fresh, and in full vigour, if it be taken moderately.

Gul. Piso quotes this Passage as from the experience of *Ant. de Ledesma*, whom he recommends as a credible Author. *Motus enim iis, inquit Ant. de Ledesma, quæ in Indiis fieri solent, cum illuc pervenissem, ægrotantiumque domos, aeris calore ferventes percurrerem, aliquando haustum aquæ petere solitus, vitales restinguendi facies gratiâ, Indorum suâsu Chocolatam sibi comescenda convenientiorem bibi: sæpiusque id factum, leniebatur exinde ardens bibendi desiderium: etiamsi jejunos assumpsissem, Stomachi tamen vires refectas sentiebam. Ex cæcis potationis continuato usu alii mecum impinguesciti sunt: cum tamen pleraque Ingredientia, excepto Cacao,*

& Maizjo, quod calida & sicca sint ordine
 tertio, ad extenuationem corporis facere vide-
 antur: sed constat ratio; butyrofa enim Cacacii
 partes pingue reddunt corpus; calida vero, quæ
 confectiōnem ingrediuntur, pro vehiculo infer-
 viunt, quo pinguis ista substantia ad jecur de-
 feratur, & inde in ceteras dimanet partes,
 tandemque ad carneas demum derivetur.
 Having a curiosity to see to acquaint my
 self with the Rarities of the Indies, at my
 being there, I went to visit my Patients,
 and being thirsty I used to call for some
 water to allay my drought, and defect of
 vital Spirits; at length by the perswasion
 of the Indians I drank *Chocolata*, as being
 more convenient to allay my thirst. And
 indeed upon the drinking of it I found my
 vehement desire of drink to leave me; and,
 if I took *Chocolata* in a morning, I found it
 did much corroborate and refresh my Sto-
 mach. By the continual use of which
 drink I, and several with me, became fat;
 notwithstanding that most of the Ingredi-
 ents, except *Cacao-nuts*, and *Maiz*, be hot
 and dry in the third Degree, and seem more
 ready to extenuate. But the reason is, for
 that the unctuous and butyrous parts of
 the *Cacao-nut* do fatten, whilst the other
 Ingredients serve only as vehicles, to di-
 stribute those others to the Liver, and thence
 to the whole body. This is the account he
 gives from *Anton. de Ledesma*: his own Ob-
 servation in *Holland* is as follows; *Quia*
 maxima

maxima pars Ingredientium, excepto *Cacacio*,
 in Europam non deferuntur, substitui possunt;
 & solent vel vulgaria illa Indiæ Orientalis *A-*
romata, vel alia aliqua semina, aut flores cui-
 que regioni & individuo convenientia. Quod
 & fieri sæpe in Belgio vidi, & ipse cum vo-
 luptate viriumque refectiōne hic confectam gu-
 stavi. Porro non memini aliquem nostratium
 (modo non ferverent illi *Hypochondria*) ex
 quotidiano usu ejus potus malè habuisse. Mul-
 tis contra morbosis medelam attulisse scio, præ-
 sertim *Hædicis*, *Catarrhosis*, *Athmaticis*, qui-
 busque præcordia languerent. Because that
 few of the Ingredients of *Chocolata*, except
 the *Cacao-nut*, are brought into Europe,
 instead of them there are, and may be sub-
 stituted either those common Spices of the
 East-Indies, or other Seeds, and Flowers,
 suitable to the particular condition of each
 Climate, or individual Person. Which
 I have often seen done in *Holland*, and I
 my self have drunk of it with great plea-
 sure, and refreshment of my Spirits. Nor
 do I remember, that any of our Country-
 men [*Hollanders*] was ill, or any thing the
 worse for drinking of *Chocolata* daily; ex-
 cept he were troubled with *Hypochondri-*
acal heats. But, on the other side, I am sure
 on my own knowledge, that it hath done
 much good to many, who were very sickly,
 and in particular to several troubled with
 Hætick Fevers, Catarrhs, Astmas, and
 imbecillity of the Stomach, and Vitals.

Be-

Besides the virtues attributed to *Chocolata*, I desire it may be observed what he tells is done in the compounding of it; how, instead of the true *American* Ingredients, other succedaneous ones are employed, viz. the Spicery of the *East-Indies*; betwixt which and those of the *West-Indies* there is no resemblance, the one being milde, the other violent: and against the use of which (even to the total exterminating them) this Author hath writ a Discourse, however that he allow them to be substituted for the other in *Chocolata*. Nor is the commutation of Spice for Spice onely; even other Flowers and Seeds are substituted, and this he knows to be done in *Holland*: which being so, how can any re-

f Gul. Piso
Hist. utr. Ind.
in Mant. Arom.
cap. 9.

In Spain, to make it purging, or lenitive, they put in *Alexandrian* Roses, as *Ledesma*, and others acknowledged: and what if one should meet with a parcel of such *Chocolata*, who is already too soluble, or to whom it may be pernicious to be so? They

commented the use of *Chocolata*, not knowing what Ingredients are in it, or knowing that comes from *Holland*, where other Ingredients then ought to be, are put in for certain; though it be as uncertain what they are, or whereunto effectual? It is further to be observed out of his words, that such Ingredients are to be put in, as suit with each particular Climate, and individual Constitution. Wherefore the same *Chocolata* is not to be promiscuously used by men in health, of all tempers, nor by men sick of different diseases. Which was observed before by me in this Discourse, and I take notice of it here again occasionally, to shew, that I am not singular in my opinion.

who sell *Chocolata* understand not any distinction.

Mr.

Mr. Gage chap. 16, tells us of it: That
 “where it is so much used, the most, if not
 “all of them, as well in the *Indies*, as in
 “*Spain*, *Italy*, *Flanders*, (which is a cold
 “Country) finde, that it agreeth well with
 “them. True it is, that it is used more in
 “the *Indies*, then in the *European* parts, be-
 “cause there their Stomachs are more apt
 “to faint then here, and a cup of *Chocolatte*
 “well confectioned comforts and strength-
 “ens the Stomach. For my self, I must say,
 “I used it twelve years constantly, drinking
 “one cup in the Morning, another yet be-
 “fore Diner, between nine and ten of
 “the Clock; another within an hour or
 “two after Diner, and another between
 “four and five in the afternoon, and when
 “I was purposed to sit up late to Study,
 “I would take another cup about seven or
 “eight at night, which would keep me
 “waking till midnight. And, if by chance
 “I did neglect any of these accustomed hours,
 “I presently found my Stomach fainty.
 “And with this custome I lived twelve
 “years in those parts healthy, without any
 “Obstructions, or Oppilations, not know-
 “ing what either Ague or Fever was. Yet
 “I will not dare to regulate by mine own
 “the Bodies of others, nor take upon me
 “the skill of a Physician, to appoint, and
 “define, at what time, and by what Per-
 “sons it may be used. Only I say, I have
 “known some, that have been the worse
 “for

"for it, either for drinking it with too
 "much Sugar, which hath relaxed their
 "Stomachs, or for drinking it too often; for
 "certainly, if it be drunk beyond measure,
 "not only this *Chocolatte*, but all other
 "Drinks, how innocent soever, may be
 "hurtfull. And if some have found it op-
 "pilative, it hath come by the too too
 "much use of it. As when one drinks o-
 "vermuch Wine, instead of comforting
 "and warming himself, he breeds and
 "nourishes cold Diseases; because Nature
 "cannot overcome it, nor turn so great a
 "quantity into good nourishment. So he,
 "that drinks much *Chocolatte*, which hath
 "fat parts, cannot make distribution of so
 "great a quantity to all the parts: and
 "that part, which remains in the slender
 "Veins of the Liver, must needs cause Oppi-
 "lations, and Obstructions. But lastly, to
 "conclude with this *Indian* drink, I will
 "add what I have heard Physicians of the *In-*
 "*dies* say of it, and have seen it by expe-
 "rience in others (though never could I find
 "it in my self) that those, that use this *Cho-*
 "*colatte* much, grow fat, and corpulent
 "by it; which indeed may seem hard to be-
 "lieve; for considering, that all the Ingre-
 "dients, except the *Cacao*, do rather exte-
 "nuate, then make fat, because they are
 "hot in the third Degree. And we have
 "already said, that the Qualities, which do
 "predominate in the *Cacao*, are cold, and
 "dry,

"dry, which are very unfit to add any
 "substance to the body. Nevertheless it
 "may be answered, that the many un-
 "ctuous parts, which have been proved to
 "be in the *Cacao*, are those, which pingue-
 "fie, and make fat: and the hotter Ingre-
 "dients of this Composition serve for a
 "guide, or Vehicle, to pass to the Liver,
 "and the other parts, untill they come to
 "the fleshy parts: and there finding a like
 "substance, which is hot, and moist, as is the
 "unctuous part, converting it self into
 "the same substance, it doth augment, and
 "pinguesfie. Hereupon he recommends it
 "to the *English*, to be drunk by them: I
 "shall not instance many Testimonies out of
 "him, to evince its general use among the
 "*Indians*; besides what he sayes in the *Chapter*
 "already cited, in his *Relations of Guate-*
 "*mala*, and *Chiapa*, he mentioneth their use
 "of it, more then once: and speaking of
 "*Chiapa* (chap. 15.) he hath this following
 "Story, which because it evidenceth the O-
 "pinion the *Spanish Dames* have of *Chocolatte*,
 "I shall insert at large.

"The Women of *Chiapa* pretend much
 "weakness and squeamishness of Stomach,
 "which they say is so great, that they are
 "not able to continue in the Church,
 "whilst a Mass is briefly huddled over, much
 "less whilst a Solemn high-Mass is sung,
 "and a Sermon preached, unless they drink
 "a cup of hot *Chocolatte*, and eat a bit of
 "Sweat-

' Sweat-meats to strengthen their Stomachs,
 ' For this purpose it was much used by them
 ' to make their Maids bring them to Church
 ' in the middle of Mass, or Sermon, a cup of
 ' *Chocolatte*, which could not be done to
 ' all, or most of them, without a great con-
 ' fusion, and interrupting both of Mass, and
 ' Sermon. The Bishop, perceiving this a-
 ' buse, and having given fair warning for
 ' the omitting of it, but all without an a-
 ' niendment, thought fit to fix in writing
 ' an Excommunication upon the Church-
 ' doors against all such, as should presume at
 ' the time of Service to eat or drink with-
 ' in the Church. This Excommunication
 ' was taken ill by all, but especially the
 ' Gentle-women much to heart, who pro-
 ' tested, if they might not eat or drink in the
 ' Church, they could not continue in it to
 ' hear what otherwise they were bound
 ' unto. The chief of them knowing what
 ' great friendship there was between the
 ' Bishop, and the Prior, and my self, came
 ' to the Prior, and me, desiring us to use all
 ' means we could with the Bishop for re-
 ' voking that his Excommunication so hea-
 ' vily laid upon them, and threatening their
 ' Souls with damning judgment for the vi-
 ' olation of it. The good Prior and my self
 ' laboured all we could, alledging the custome
 ' of the Country, the weakness of the Sex,
 ' whom it most concern'd, and also the
 ' weakness of their Stomachs, the contempt,
 ' that

' that might ensue from them unto his per-
 ' son, and many inconveniencies, which
 ' might follow, to the breeding of an uproar
 ' in the Church, and in the City, whereof
 ' we had some probable conjecture from
 ' what already we had heard from some. But
 ' none of these would move the Bishop; to
 ' which he answered, that he preferred the
 ' honour of God, and of his house, before
 ' his own life. The women, seeing him so
 ' hard to be intreated, began to stomach
 ' him the more, and to sleight him with
 ' scornful and reproachful words; others
 ' sleighted his Excommunication, drinking
 ' in iniquity in the Church, as the Fifth doth
 ' Water, which caused one day such an up-
 ' roar in the Cathedral, that many Swords
 ' were drawn against the Priests, and Pre-
 ' bends, who attempted to take away from
 ' the Maids the cups of *Chocolatte*, which
 ' they brought to their Mistresses: who at
 ' last seeing, that neither fair nor foul means
 ' would prevail with the Bishop, resolved to
 ' forsake the Cathedral, where the Bishop's
 ' own, and the Prebends eyes must needs be
 ' watching over them; and so from that
 ' time most of the City betook themselves to
 ' the Cloyster-Churches, where by the
 ' Nuns and Friars they were not troubled,
 ' nor resisted, though fairly counselled to
 ' obey the command of the Bishop; whose
 ' name now they could not brook, and to
 ' whose Prebends they denied now all such
 re-

relief and stipend for Masses, which formerly they had used to bestow upon them, conferring them all upon the Friars, who grew rich by the poor impoverish'd Cathedral. This lasted not long, but the Bishop began to stomach the Friars, and set up another Excommunication, binding all the City to resort unto their own Cathedral Church, which the Women would not obey, but kept their houses for a whole moneth; in which time the Bishop fell dangerously sick, and desired to retire himself to the Cloister of the *Dominicans*, for the great confidence he had in the Prior, that he would take care of him in his sickness. Physicians were sent for far and near, who all with a joint opinion agreed, that the Bishop was poysoned, and he himself doubted not of it at his death, praying unto God to forgive those, that had been the cause of it, and to accept of that Sacrifice of his life, which he was willing to offer for the zeal of God's house, and honour. He lay not above a week in the Cloister, and as soon as he was dead, all his body, face, and head did swell, that the least touch upon any part of him caused the skin to break, and cast out white matter, which had corrupted, and overflowed all his body. A Gentle-woman, with whom I was well acquainted in the City, who was noted to be somewhat too familiar with one of the Bishop's Pages, was commonly censured to have

have prescribed such a Cup of *Chocolatte* to be ministred by the Page, which poysoned him, who so rigorously had forbidden *Chocolatte* to be drunk in the Church. My self heard this Gentle-woman say of the Deceased Bishop, that she thought few grieved for his Death; and that the Women had no reason to grieve for him, and that she judged he being such an Enemy to *Chocolatte* in the Church, that, which he had drunk at home in his house, had not agreed with his Body. And it became afterwards a Proverb in that Country, *Beware of the Chocolate of Chiapa*, Which made me so cautious, that I would not drink afterwards in any house, where I had not very great satisfaction of the whole Family.

A certain Spanish Physician of *Sevil*, who made it his peculiar inquiry to search into the nature of *Chocolata*, as he doth on every occasion shew himself extraordinarily learned, and to have consulted all the publick Discourses and private Manuscripts about it, so he manifests a great regard to the Testimony of Experience, which he avows to be so favourable for *Chocolata*, that there is not one, who doth drink it, and doth not feel himself to be manifestly refreshed, and strengthened, as well as delighted by it: and that, whereas none hath been known to live above seven dayes by drinking Wine alone, one may live moneths,

and years, using nothing but *Chocolata*. In fine, he himself saw a Childe weaned, which could not be brought by any Artifice to take any food, and for four moneths space he was preserved alive by giving him *Chocolata* only, mixing now and then some crumbs of bread therewith. So powerfull a virtue hath it to nourish, and strengthen. Nor doth he allow it for food alone, and the preservation of Life, but medicinally, as a thing, that is advantageous to health; for he gives this Character to a preparation of *Chocolata*, which is almost the same with what I made for His Majesty. *Antiquam compositionem Chocolatis Indiae & Hispaniae enarrare, hoc tempore nullius fructus erit; quoniam illud habuit, ut ad ultimam perfectionem deveniret. (i. e.)* 'It is not worth while to recount the antient wayes of compounding *Chocolata*; because this proposed is arrived at its height, and last degree of perfection. *Hæc est omnium potionum pretiosior potio: hæc in commodis salutis omnes superat, illarum nempe, quæ in hodiernam diem aut voluptas invexit, aut decurſus sæculorum series alternata conſpexit; quia nec in ea, dum in actum potionis reducitur, nec aliquo simplicium, ante ejus ingressum, vita defuit necessarium, neque voluptati, quod non valeat illecebrâ appetitum allicere: sunt enim alia alimento gratissima, alia Aromaticâ virtute roborantia, alia cordi auxiliantia, dum Nectar vivificum instaurant,* seu

[99] seu spiritus dissipant malignos, aut naturales robustæ mixtionis producant: sunt & omnia vitæ longius producendæ aptissima: quoniam *Chocolate ultimâ qualitate, quæ resultat ex fermentatione, ut iberiaca, calorem nativum roborat, & promptâ instauratione influentem (ob facilem conversionem) multum & laudabilem sanguinem gignit. Ob substantiæ tenuitatem, & fermentationis efficaciam, indissolubiles & robustos spiritus, immortalis labori & studiorum collimationi aptissimos, facultates præcipuas, & temperamenti mixtionem, & Aromaticâ virtute in vigore conservat: moderato calore dum concoquitur, flatus turgentes dissipat, ac penetratione aperienti obſtructiones aperit, menses provocat, & inter alia ventrem plerisque lenit; & super omnia cibaria vires præsentaneæ & promptissimè reficit, quod res aliæ essentiâ potabiles non ita promptè agunt: quo videtur singulari differentia ob aliis differre.* 'This is the most pretious Drink of Drinks; this excels all others in advantages for our health, which either Time by a long succession of years, or encrease of Luxury and Pleasure to this day hath acquainted us with: because neither in the *Chocolata* it self being made into a Drink, no nor in any Ingredient thereof, is there any thing wanting, that is necessary for the Life, or de-

This is to be understood not of the ordinary Spanish *Chocolata*, against which my Authour protests; but of what is made up, as I prepared that for His Majesty, which varied little from his way.

light of Man, and so to invite him to use it. Some things in it are most pleasant nourishment; others strengthen by their Aromaticall virtue; others are Cordial, and revive the vital Balsame, or Nectar, either dissipating evil and burthenfome Spirits, or producing new ones of a durable nature. In fine, all are transcendently qualified to

* To obtain this then, it must be kept, and fermented; and consequently neither what is made into Cakes, (which will not keep, nor ferment in so small quantities) nor what is made in Powder, and mix'd with Spicery, as it is prepared to drink; nor what is made alone into Paste, and kept, and spiced in the time it is to be used; can be approved of, since the latter wants the benefit of fermenting with the Spicery, and the Paste alone grows effete, and insipid.

prolong life; because Chocolata by a new quality arising to the Composition through fermentation (as happens in Treacle) strengthens the natural heat in each part, and encreaseth that, which continually inflows, and influenceth it, begetting by a speedy and easie transmutation much and good Blood: by the tenuity of its parts, and efficacious fermentation, it begets strong and indissoluble Spirits, and so enables Men vigorously to prosecute their Studies, and tedious exercises of the Brain, it strengthens and preserves in full vigour the principal faculties in men by the exquisiteness of its temperament, and Aromaticall power: being digested, with its moderate heat it dispells Winde; and by its penetrancy, and opening quality, it removes Obstructions, provoketh the monethly evacuations in

in Women, and, amongst other qualities, it generally preserves the body soluble: and it doth more speedily and readily refresh and invigorate the bodily strength, then any other sustenance whatever, no other potable liquours [which yet do most quickly nourish] producing so speedy and sensible an effect: whereby it seems to be peculiarly differenced from all other Viands.

* This is to be understood only of such Chocolata, as his was, being rich of the Cacao, and moderately spiced, & that with milde Spices: yet did he put in a good quantity of Cinna-mom.

CHAP. VI.

How to make use of the Chocolata by preparing it into Drink.

I Think I have sufficiently (at least according to my present leisure, and the unsuppliable want of my own Library, and Collections) manifested the effects of Chocolata: I shall now treat of the way of preparing it into Drink, when any hath occasion to use it. And because that the Composition it self is of the Indiandiscovery, as I have hitherto still directed my inquiries by searching into their Usages and Opinions concerning the several Ingredients, so I shall now begin with a recital of the several ways they use to prepare it into Drink: and for this I have the most accurate account from a Mr. Gage, a Chap. 16. (who yet seems to transcribe Ledesma) whom I shall therefore transcribe, with

such Animadversions, as may seem pertinent.

The manner of Drinking it is divers. The one (being the way, which is used in Mexico) is to take it hot with Atolle, dissolving a Tablet in hot Water, and then stirring it, and beating it in the Cup, where it is to be drunk, with a Molinet, and, when it is well stirred to a scum, or froth, then to fill the Cup with hot Atolle, and so drink it sup by sup.

This way of preparing it may seem (since it is the way of Mexico) to have been the way, that Motezuma treated Bernaldus del Castillo with, when he caused to be brought forth *jarros grandes hechos de buen Cacao, con su espuma,* ' great jars made with good Cacao, ' with its froth. It is not to be questioned, but that the pure Cacao-paste, well dissolved in hot water, and long, and violently agitated with a Molinet, will raise a considerable (but not lasting) Froth, not inferior to what, with less agitation, is seen where Eggs entire, or Yolks alone, are put in :

in : much more perhaps it may froth, if that Paste had *Pochol* or *Paniso* grains mixed with it ; or, if being well milled before, it were a second time milled upon the commixture of the *Atolle* : for the *Maiz* flower would make it froth much ; and it is from the commixture of *Maiz*, or *Bean-flower*, (or perhaps some other substitute) that some *Chocolata* doth now froth more than others ; though the difference in the milling likewise produce a variety. I have already explicated what *Atolle* is, in the beginning, and so shall not repeat it ; but onely add, that, from this way of the *Indians* using it, our Physicians may order it to be drunk with strained Water-gruel, Almond-milk, or *cremore ptisanæ*, or any other mixture they please, that is more, or less nourishing, as they please ; ordering the *Chocolata* according to the aforesaid Method : concerning which Dr. *Juanes de Barrios* gives this admonition, *Para hombres y mugeres Sanguineos no se tome con Atole, por que aumenta la sangre; sino con agua, poco anis, Chile, y acucar, y mingunas especies Aromaticas, ni cosas de olor. Y para los Flegmaticos se haga con todos los Ingredientes, que avemos dicho, o con mas especies de lo ordinario, y se tome mui caliente. Y en los Melancholicos, que se haga sin Chile, poco anis, y con coras de buen olor, y que se tome tibio.*

' For men and women of a Sanguine Complexion, it is not to be taken with *Atolle*, be-

because it multiplyeth Blood in the body;
 but with Water, a little Anise-seeds, *Chiles*, and Sugar, but no Spicery is to be put in,
 nor sweet scented things, for such persons.
 But, for the Phlegmatick, let it be made
 with all the Ingredients used in the *Indies*,
 or with a greater quantity of Spices, then
 is ordinary, and let it be taken very hot.
 And, for the Melancholy persons, see it be
 made without *Chiles*, with a few Anise-
 seeds, and with Ingredients of a sweet smell,
 and taking it luke-warm.

Which Caution may not only direct us as
 to *Atollis*, which is not to be made, or used
 in *England*; but illustrates and confirms an
 Animadversion of mine formerly laid down:
viz. that according to the several tempers and
 distempers of persons there ought to be framed
 variety of *Chocolata*; and that to be given
 variously, as the discreet Physician shall
 propose; and this is agreeable (you see) to
 the procedure of the *Indies*.

Another way of drinking *Chocolatte* is, that the *Chocolatte*, being
 dissolved with cold water, and stirred
 with the *Molinet*, and the scum
 taken off, and put into another vessel,
 the remainder be set on the fire, with

as

as much Sugar, as will sweeten it,
 and when it is warm, then to pour
 it on the scum, which was taken off
 before; and so drink it.

I understand not the reason of this procedure; unless it be for ornament sake: it looking more pleasantly being thus ordered, then if the water were hot, and milled to a froth with *Chocolata*, and so drunk. It is certain, yet strange, that the *Cacao*-paste, being milled well with cold water, will froth as much, and yield as plentiful a scum, or cream upon setting, as it will do if it were milled in hot water: and I have shewed how that cream is fat, and the water also is fatty (though cold) in which it is milled, but it comes not to that red colour, which the other hath, which is prepared hot. This scum being taken off, and the rest heated, and put to it (pouring it on high) makes it look more pleasantly on the top, then if it were a bare solution of the *Cacao*-paste, (which will dissolve in it, so as not to precipitate any settling almost, whilst it is hot) and the *Cacao*-paste which remains (after the froth is taken off) to be heated dissolves sufficiently in the water by meer heating, without milling.

Besides

Besides these ways, there is another way (which is much used in the Island of Santo Domingo) which is to put the **Chocolatte** into a Pipkin with a little water, and to let it boil well, till it be dissolved, and then to put in sufficient Water, and Sugar, according to the quantity of the **Chocolatte**, and then to boil it again untill there comes an oily scum on it, and then to drink it.

Since the writing here-
of I did try it
in some of my
own *Chocola-
ta*, and it was
very pleasing,
and more
rightly far
then any o-
ther way;
but I obser-
ved, that the
Spice had a
more vehe-
ment heat,
and taste,
boiling added a sharpness to them; or that the *compages* or body of the Composition was more lax, then otherwise: for not being mill'd, it did not seem so well commix'd, as otherwise.

But

But the most ordinary way is, to warm the water very hot, and then to poure out half the cup-full, that you mean to drink; and to put into it a Tablet, or two, or as much, as will thicken reasonably the water, and then grind it well with a Molinet, and when it is well ground, and risen well to a scum, to fill up the cup with hot water, and so drink it by sups (having sweetened it with Sugar) and to eat it with a little Conserve, or Maple-bread, steeped into the **Chocolatte**.

Of this last way Mr. Gage saith not only, that it is the most used, but that certainly it doth no harm, and he recommends it to the practise of the English: he gives no reason why the *Chocolata* may not be milled with all, but a part of the hot water; nor do I apprehend any, except that the vessel, in which it is made, may be so little, as that it may not be able to contain the whole liquor to be milled, and prepared: for it must be done in a pretty deep vessel, that it may have

have room to dash about the sides, without flying out, or running over, as it is mill'd. Ocherwise I think no man will believe, that there can be so equal and due commixture in the *Chocolata-drink*, if one half only be mill'd, and the other half of water poured to it; as if the whole were milled together; and consequently, it cannot be so good.

Wherefore the way now used at *Sevil* seems more rational, whereby it is thus made. The *Chocolata-cake* in a due proportion (that is, in my *Chocolata*, one ounce of *Paste*, two ounces of *Sugar*, and eight of *Water*) is dissolved in hot water; it never boiling at the fire after the *Chocolata* is put in; be-

^b I am sure, that the simple *Cacao*, paste sowers not by boiling long, and several times; no not my compound *Chocolata*: but it is possible, that the *Vaynillas*, *Alexandrian Roses*, or some other Ingredient in *Spain* may upon boiling give the drink a *sewrishtaste*. Or it may subvert the *Stomach* by becoming too *oily*, or *unctuous*, as I observed before.

once milled, if it cool again, it is not to be heated and mill'd a second time, and so drunk. Because, they say, it corrupts, and sowers: and herein they avouch their Experience, and desire no reason may be urged against it. This Caution, being given con-

concerning the best *Spanish Chocolata*, and which most resembleth mine, I could not omit: and I am sure either it is not true, though we finde a difference in broths, when twice heated) or it must arise from some ingredient (I suppose the *Vaynillas*) and not from the *Cacao*, the simple paste whereof I took and mill'd, and kept it several days, and heated it again; and it was neither sower, nor offensive to my *Stomach*: and I kept it three days longer, and then heated it, milled it, and tasted it, and it varied not its relish, but was inoffensive, and free from sowerishness. I boiled some of mine, and drunk it cold, unmilled, without annoyance: and I know a *Lady*, that with success boiled it twice. Here in *England* we are not content with the plain *Spanish way* of mixing *Chocolata* with water: but they either use milk alone; or half milk, and half conduit-water; or else thicken the water (if they mix no milk with it) with one or more eggs put in entire, or yolks only into the water, or where milk is mingled with the water. In which way, as it is sold in the *Chocolata-houses*, there are these inconveniences: if it be done with milk, it is natural for milk, being hot, and standing so, to cast up a *Scum*; and, if it cool, it creams: so that, if the *Chocolata* be kept after it is milled, and not immediatly drunk, either upon your second milling it you must cast away the *scum* (or *cream*, if it stand cold) or mill it

it into the Drink: the former course weakens it, by casting away also the flower, or cream of the *Chocolata*; and the latter renders it unpleasant. And as to the mixture of eggs, if they be put in with the yolks and whites, and suffered to stand, the whites will harden, and disgrace the *Chocolata*; but if only the yolks be put in, and well milled, I have tryed them so, by not only letting the *Chocolata* stand hot before the fire, but even to boil it again, and mill it, and let it again stand for several hours before the fire, and I have not perceived it to vary the taste, or to embody into any thicker consistence then before it had; only I observed, that it did not yield so much cream, (or scarce any) on the top, nor such visible discoveries of fattiness, as it would have done otherwise: and the settling at the bottom (which upon refrigeration seemed as great, as if no egg had been mix'd with it, though the decoction or water were thicker much by reason of the additional yolk) did not carry so much unctuousness, being tasted, as did those other settlings, which I had tryed, without commixing any egg with them, either only once milking, or boiling them also. From whence I leave it to the more mature consideration of others to determine, whether the commixture of an egg be good, since it seems to hinder the dissolution of the *Cacao* into oily or unctuous parts; and whether it may not produce

a like effect in the Stomach, as it does in the Pipkin, (Concoction being but a sort of Elixation) and so impede the nourishment expected from the *Chocolata*: it being oftentimes as true,

Quæ prodesse queant singula, juncta nocent:
as that other Saying,

Et quæ non prosunt singula, juncta juvant.

But these Experiments were made with the simple paste of the *Cacao*-nut, and not with compound *Chocolata*.

In Spain to Choleric constitutions, and where there is any extraordinary heat, or inflammation of the Liver, or Kidneys, I find, that there is a more milde and temperate way of *Chocolata*, then is usual, prepared: or else the usual one is diluted with *Endive* or *Scorsonera* water: and where Phlegm and Crudities abound, there it is prescribed with the water of *Radishes*, *Fennel*, or *Carduus Benedictus*, which (say they, though some in England protest against it) vary not the taste, but encrease its virtue. It is given thus by way of alteration, as are other alteratives, general Medicines being premised; and every sixth day there is either another gentle purge given, or the *Chocolata* is then dissolved in an infusion of *Mecchoacan*, or the like. In the Winter it is drunk
hot

hot (being given to open Obstructions) and in the Spring it is drunk in a more moderate temper: after it they prescribe Exercise for an hour, or half an hour, which must be moderate: and this course is continued thirty, or at least twenty days, or indefinitely till they be well: which they will soon know, the pale recovering their colour, and the short-breathed their wind; the Urine amending its colour, and consistence: and all Symptoms either mitigating, or ceasing. But, if the Obstructions be inveterate, and too difficult to be overcome by this method, then they prescribe every day half a dram of Rhubarb trochiscated to be mix'd with the Chocolata, or of Madder-root, or a dram of Steel prepared. And this is the Spanish practise, and from which Anton. Colmenero de Ledesma varyeth not much; as he, that shall compare him with my Intelligence, will easily see.

There is another way of drinking Chocolate cold, which the Indians use at Feasts, to refresh themselves, as it is made after this manner. The Chocolate (which is made with none, or very few Ingredients) being dissolved in cold water with the Moli-

net,

net, they take off the Scum, or crassie part, which riseth in great quantity, especially when the Cacao is older, and more putrefied: the Scum they lay aside in a little dish by it self, and then put Sugar into that part, whence the Scum was taken, and then poure it from on high into the Scum, and so drink it cold. And this Drink is so cold, that it agreeth not with all Mens Stomachs: for by Experience it hath been found, that it doth hurt, by causing pains in the Stomach, especially to Women.

I should except against this way, not for the bare coldness only, (though c. Piso and Anton. Colmenero de Ledesma agree with Mr. Gage in the noxious effects of Chocolata drunk thus cold) but because of its nauseousness: for I found it to offend my Stomach with its coldness, more then if it had been pure water; and the nauseousness was insupportable, which did arise from the fat of the Nut dissolving in the water, and rendring it

c. Gul. Piso in Mant. Arc-mar. cap. 18.

it as odious, as ~~would~~ be fat Mutton-broth drunk cold. The *Spaniards* drink not the simple *Cacao-paste* dissolved in cold water, as do the *Indians* : but as that Nation is inclined to drink *Snow*, *Snow-water*, and *Drinks refrigerated in Snow* (which are more authenticated by custom, and *iodisyncrasie*, then reason) so they refrigerate and freeze their solution of *Chocolata*, richly Aromatised, with *Snow* : and so the Gallants, especially the Ladies, drink it; reputing the *Spice* a

I caused some *Chocolata* of my ordinary sort to be boiled, and some I milled, the other part I did not; and drinking both of them cold, I did not finde any disagreement, but a pleasingness to my taste: yet was that unmilled very fatty.

sufficient corrective of the coldness, and nauseousness of it. I do believe, that it is not this way so nauseous, as the *Indian way* : but I cannot believe it wholesom, since so cold *Drinks* (before the heat

of the *Spice* be actuated by the Stomach) do often make a fatal and irrecoverable impression upon the Stomach it self, and Lungs, and Heart, and Womb; and is generally (not universally) condemned even as poison by the *Spanish Physicians*, however that their authority is suspended by a contrary practise received in *Madrid*, and *Sevil*.

“ As to the time of taking it, it is held “ (by the *Spaniards*) the most fit time to take “ it in the Morning, and Supper being digested, and the Body fresh, and the Stomach empty to receive it; (or else it may “ be taken in the morning not upon the “ first

“ first stirring, and before any repaste, but “ after the taking of some other sustenance “ in a moderate quantity : (for then it seems “ most acceptable to the Stomach, and most “ necessary for the undergoing the employ- “ ments of the subsequent day. Besides “ crude, and indigested, or depraved reliques “ of the last night’s meal are hereby ei- “ ther reduced under a second concoction

“ for the use of the bo- “ dy, or outed the Sto- “ mach for its ease. The “ *Chocolata* it self also “ is much more easily “ concocted, and distri- “ buted, whilst there is “ not any thing else in “ the Stomach to delay, “ or retard its progress “ into the Veins, and va- “ sa chyliifera : its influ- “ ence is then more sen- “ sible to dissipate any “ noxious Vapours. “ Which Effects are to

“ be supposed to follow, if it be taken with “ moderation; being neither of too thick a “ consistence, nor too large a quantity. “ Some there are, who have taken it usually, “ instead of Wine [which is their table- “ drink in Spain] “ at Diner, and Supper : “ but this hath not been sufficiently expe- “ rimented, that it may be vulgarly per-

d It is an indubitable Truth, that after digestion, and descent of the Chyle into the gurs, there are still some remainders in the Stomach, which by long fasting, or particular indisposition, do corrupt, and grow acid : such, continuing so, are not to be wrought on; but, if they be diluted by the mixture of warm *Chocolata*, Nature will then concoct it, as it doth Spirit of *Vitriol*, or the like with Julep.

e If it be too thick, they say, it will obstruct : if it be too thin, it yields neither delight, nor nourishment considerable.

“mitted; since perhaps custom, or individual
 “constitution, or a moderation in Diet,
 (*which helps all errours, but is not vul-
 garly to be presumed on*) “may render it
 “only innoxious to them. But it is certain,
 “that it may freely be taken four or five
 “hours after Diner, Concoction being then
 “finished, and the meat not only dissolved
 “in, but distributed in great part out of the
 “Stomach. And so it will enable them to
 “persist till night, or (*if they eat no sup-
 pers*) “the day following. Nor need any
 “fear, that being taken at such a time as
 “four or five a clock, it will prejudice his
 “sleep the night following: for such accidents

f Mr. Gage (Ch. 16.) saith,
 that, when he purposed to sit up
 late to study, he would take a
 cup about seven or eight a clock
 at night, which would keep him
 waking till midnight. I took it
 my self twice at ten a clock at
 night, and I think it did render
 me less sleepy then ordinary;
 though I am usually one of little
 sleep.

“befall only those, who
 “take it late at night,
 “and not so early, as it is
 “here recommended: or
 “where the *Chocolata* is
 “too hot of Spices, so as
 “that it begets too great
 “an agitation and fervour
 “in the blood; which may
 “befall any body: or
 “where the body is of so
 “hot and Cholerick a temper, that it can-
 “not bear *Chocolata* moderately spiced,
 “or compounded with milde Spices. But
 “in Phlegmatique Persons, and such as are
 “aged, it is observed, that it causeth them
 “to rest excellently well.

“*They further caution us, If we be dry,*
 “or

“or in Summer, not to drink *Chocolata* till
 “we have first drunk some cold water,
 [*which is instead of Beer to them in Spain,*
 when they drink not Wine] lest *Chocolata*
 [*as it is now compounded with Spices, and*
Sugar] “should produce, or augment our
 “thirst. And, after we have drunk *Choco-*
 “*lata*, they strictly prohibit all manner of
 “Drink; for, whether Water or Wine be
 “drunk after it, there do frequently ensue
 “very dangerous Diseases, and Symptoms.
 “A very observing *Spanish Physician* as-
 “sures us upon his own knowledg, some have
 “been thereby immediatly seized with a
 “vertiginous indisposition, and
 “giddiness; & others with a *Cho-*
 “*lera*; very many have fallen
 “speechless. It is also prohibited
 “by them as hurtfull in Fevers,
 [*because prepared otherwise then*
 by the *Indians*] “as augmenting
 “the Disease. So they prohibit it in Fluxes,
 “by reason of its lubricity to encrease the
 “already excessive laxity of the guts: yet
 “they confess it hath sometimes been bene-
 “ficial in Lienteries.

g I have been ascer-
 tained also of these ac-
 cidents by one, who li-
 ved many years in *Por-*
tugal, and made *Choco-*
lata there.

But, in conclusion, my Author tells us,
 that “It is a certain thing, that however
 “these Cautions may seem rational, yet it is
 “not observable, how the drinking of *Cho-*
 “*colata* can be reduced under any certain
 “model of Rules in the taking it; since it
 “is become so universally used [in *Spain*] “that

"that it is taken at all hours, and times; it
 "is the delight of the Masters, the sustenance
 "of Families, and the grand entertainment
 "of Friends: *quia jam sine illo vitam nesci-*
 "unt; because they know not how to live
 "without it.

There is another way of taking it made
 into *Lozenges*, or shaped into *Almonds*, with
 Orange-flower water, Amber-grise, Sugar,
 and the white of an Egg, gum-dragant,
 and perhaps some other Ingredients. As
 to the former way of making up *Chocolata*
 into *Lozenges*, or *Cakes*, and so eating it,
 my Spanish Author gives it this Character,
 (which indeed extends to both sorts) *man-*
dendo, aut in buccellis comedere, insuperabiles
obstructiones creat, seu dum fiunt bellaria cum
saccharo, aut in pasta comeditur: "To eat
 "*Chocolata* in *Cakes*, or otherwise by bits,
 "begets insuperable Obstructions; that is, if
 "you eat it made up into Confects or Sweet-
 "meats with Sugar, or in *Paste*. I cannot,
 I must confess, pass so general a sentence on
Chocolata: I suppose the Opinion of it is to
 be regulated by the goodness of the *Choco-*
lata that is eaten; and that I leave to be ex-
 amined by my precedent Discourse about
 the variety thereof. That the *Cacao-nut*
 is nourishing, there is no doubt of it; that
 the simple *paste* may innocently be eaten, I
 think too: but that *Chocolata* made up with
 so great a proportion of Sugar, and with such
Spices, Oils, and Essences, as are used (all, or
 some

some of them) in the *Chocolata* designed for
 that use, I believe no Physician will promi-
 scuously, and without distinction of Persons,
 allow it, but who hath another Opinion of
Sugar, and Spicery (except what I have re-
 commended) and *Chymical Oils, and Essences*,
 then I have in this case, or many other. It
 is true, *Hippocrates* saith, It is easier to be
 nourished with Drinks, than solid meat; and
 that They, who have need to be quickly refresh-
 ed, must be dieted with Drinks, or potable li-
 quours: but these two Sayings make not for
 the giving of *Chocolata* in *Paste*, or Confects,
 no more than his recommending in
 sundry cases *Prisanes* of Barley doth en-
 courage us to give to weak Stomachs barley
 bread: or, because *Almond-milk* is good,
 therefore to recommend the *Maccheroni* of I-
 taly so condemned by *Fiennus*. Should I say *Fiennus* Do
 never so much for the one or other way, flat.
 and evince them to be better, than any pre-
 parations of *Almonds*, and *Pistachias*; as I
 believe them to be: yet would they still
 be Sweet-meats, and consequently more used,
 then approved. And the Obstructiveness of
 them, how inveterate and obstinate soever,

I must say this in favour
 of the *Cacao*,
 above *Almond*
 and *Pista-*
chia-sweet-meats; that I cannot take any Sugar'd Drinks, or Sweet-
 meats without a sensible disorder of my blood; but I never found,
 that *Chocolata*, though drunk with a double proportion of Sugar, be-
 sides what is in the *Paste*, or *Cake*, did ever offend me; but re-
 fresh and comfort me very much: nor did the *Chocolata-Cake* eaten
 ever offend me, though I never found it to strengthen, or satisfy
 much, no nor the *Nuts* when eaten dry; which is a strange effect,
 yet perceivable to any that drink, and eat it, or the *Nuts*.
 arises

arises not from any particular badness of the Cacao-nut, but from the general unwholesomeness of all Confects, and Sweet-meats. And this I shall not now make out by Arguments, (though it might easily be done) but by the instance given by Dr. Hart in his *Diet of the diseased* (lib. 1. cap. 22) and it is as follows. I remember, living in Paris 1607, a young Clerk, living with a Lawyer in the City, procured a false key for the Closet, where his Mistresses Sweet-meats lay: and for many days together continued thus to feast with her Sweet-meats, and loaf-sugar (whereof there was no small store) untill at length he became so pale in Colour, lean in Body, and withall so feeble, that he was scarce able to stand on his legs; insomuch that the skilfullest Physicians of the City, with the best means they could use, had much ado to restore him to his former health again. A little time will shew whether the use of these new Cakes will be as prejudicial to health, and productive of Consumptions, and other weaknesses of the back, or Hypochondria, in our English Women; as the rest of Sweet-meats have been: for it is the general opinion, that the multitude of Sweet-meats used by our Ladies is the occasion of our aforesaid Diseases so much increasing. I shall not now enquire into the verity of the Opinion: for there are instances of Countries, in which Sweet-meats are much more used then here amongst us, and yet they are not so molested, as we, with those Distempers.

tempers. I say then, that the ill effects of Sweet-meats do but accidentally follow upon their use, and therefore we ought to examine those circumstances, that occasion this variety of effects: which I have not leisure to do, nor that opportunity, which I expect amidst the Sugar-works of the West Indies.

CHAP. VI.

The Author's judgment concerning Chocolata summarily delivered, as to its effects, and the ways of using it.

IT were easie to evidence the excellency of warm Drinks above those, that are taken cold, if I had leisure: for certainly, if the use of Drink be to allay thirst, to moisten the body, and to distribute or help the digestion of the food we take; it is not to be doubted, but hot Drinks perform all this better then cold: and for the evincing of this to each point, both Reason and Experience might be alledged. For the practise of the antient Romans favours much hot Drinks; as every man knows; and the modern tryals of Campanella, and a Gassendus, as well as Antonius Persius, doth manifest, that all the aforesaid ends may be attained

a Gassendus
Phys. Sect. 2:
l. 5. c. 1. Si ha-
beat ratio
valetudinis, docet experientia quàm saepe gelidæ potus noceat, quàm
nunquam potus calefactæ.

by

by warm or *hot Drinks*: and particularly, as to the *quenching of thirst*, it is undeniable, that *hot Drink* not only *quenches* it at present, but *prevents its return*, better than cold; and yields as much *delight*, maugre the assertion of *Pliny*, that *all Animals desire cold Drink*: and that *musty Definition* of *Aristotelian Philosophy*, that *Sitis est appetitus frigidi & humidi*: *Thirst is a desire of cold and moisture*; which is notoriously false, disproved by the Arguments and trial of *Gassendus*, as well as others. Yea *Drinks*, that are taken *hot*, surpass themselves in their effects, compared to what they do when taken *cold*. Thus *hot water* drunk daily before *Dinner* cures the *Stone*, and *Gravel* in the *Reins*, as *Zecchius* affirms, and ^b*Trallianus*: and the benefit others have found by it doth manifest. *Wine* drunk *hot* doth much more corroborate a weak *Stomach*, then when drunk *cold*; as ^c*Costæus* avows, and hath been tryed by several in *Consumptions*, to my knowledg. I shall not speak concerning the *Decoctions* of *China-root*, *Sarsa-Parilla*, and *Guajacum*, of which the same Assertion may be made. I have not leisure to insist hereon, nor the conveniency of my *Library* to aid my memory with citations at present. I suppose then, that, in general, *Chocolata* is rather advantaged, then prejudiced, by being an *hot Drink*.

It is of an *unquestionable nourishment*: for, as it is the chief sustenance of the *Spanish Indies*,

Indies, this cannot be colourably denied: and though *Pope Urban the Eighth* did declare it in discourse, and by a solemn *Bull*, that it was merely a *Drink*, and so consistent with the *Fasts of the Church*; yet few believe him infallible therein, who understand the *Drink*: and the *Carmelite-Friers*, by way of *Mortification*, have a Statute amongst them in the *Indies*, that they will drink no *Chocolata*. You will not finde Mr. *Gage* to take a journey, but he makes it an important care to provide *Chocolata*: nor is he singular therein; but follows the general example of the *Spaniards*. Whether he is treated publicly by *Towns*, or privately by particular *Persons*, his entertainment and refection is *Chocolata*; agreeable to what *Acosta* says,^d It is a *Drink* very much esteemed among the *Indians*, wherewith they feast *Notable-men*, as they pass thorough their Country. The *Spaniards*, both *Men*, and *Women*, that are accustomed to the Country, are very greedy of it. The *Nut* is one of the richest commodities of the *West-Indies*: and however some disallow the use of it raw, or roasted, others do repute it less obstructive, and more wholesom then they judge it to be. The *Nut* is of an exceeding fatty substance, being viewed in a *Microscope*: in a *Jamaicanut* I could observe large and spreading Veins or streaks of *white fat*, which I suppose to make the fat, which appears upon digesting, or boiling it without mulling it.

Examining

^b *Trallian. l. 9. c. 4, 5.*

^c *Costæus De puot in merb. lib. 1. cap. 52.*

^d *Lib. 4. cap. 22.*

^e *Acosta lib. 4. cap. 22. Gage chap. 16. Benzon. lib. 2.*

Examining the *Caraca-nut* by a *Microscope* I could observe nothing of *fatty veins*, or *streaks*; yet is not that *Nut* leaner, then the other: I know not whether I ought to call it *oil*, or *fat*; and for either appellation I may be questioned: but, give it what name you please, I dare avow, that one ounce of *Cacao-paste* well *digested* will yield more *fat*, then a pound of *fat Beef*, or *Mutton*, even when *stewed*. Besides the *fat*, which never so separates from the other parts, as to lose totally its bitterness, whereby it is preserved agreeable, and not *nauseous* to the *Stomach*, there is a red part, which principally contains the bitter parts: it hath been generally reputed as an *earthy* and *obstructive* thing; but, without doubt, it is as necessary, as any part of the *Nut*, and as little to be rejected: for it is that part, which fortifies the *Stomach*, and enables it to bear the *excess* or *fattishness* of the rest of the *Chocolata-potion*: it preserves the taste in its vigour, and the appetite, which would otherwise be dulled by the fatty portion: and as it helps digestion in the *Stomach*; so in the *Guts*, it promotes *Concoction* there; and corroborates them: all which is not to be denied to parts of that relish, as we experiment daily in herbs of a *bitterish* taste: nor need we to fear its *costiveness*; for, as none ever experimented such an inconvenience by taking good *Chocolata*, so I think it impossible, it should bind; since it is fermentation

mentation, that we owe each stool to; and it is impossible what promotes that in the *Guts*, can ever create a prejudice by too great an *adstringency*. It is strange, that all Ages and Countries finde it to agree with them, and the effects of it are such every where, that it alone may seem to supply all food and *Physick*. I have heard and read *Discourses of Panaceas*, and *Universal Medicines*: and truly I think *Chocolata* may as justly at least pretend to that Title, as any. For indubitably *Health* is nothing else but an ability to discharge the several ends, to which Nature hath designed us: and this depends upon the preserving each individual person in the individual constitution, which Nature hath given him. For howbeit, that we propose to our selves the *Idea* (conformable to what *Polycletus* did in another case) of a man exactly tempered; yet it is not the intent of a *Physician* to reduce every Patient thereunto: to the *Cholerick* it is his nature; not disease to be so; and so for the other complexions: and to subvert the particular temperament, is to destroy, not to cure: and the attempt will not succeed. To preserve a Man herein, it is necessary, that his food be such, as digests well, begets good Blood and Spirits: and that this Blood (in which according to the Scripture is the life of Animals) be depurated so by the several emunctories, as that it may qualifie the party to exercise those acts, the performance

ance whereof is an evidence of life; and the well-performance of them, *Health*. It is natural for the *Blood* to purge it self by several ways; and, if that be done, all the *Operations* of *Life*, and the intermissions of any of them, will be according to *Nature*. To imagine, that this can be performed by *Medicines*, is an impertinent folly: the *Blood* is more naturally purg'd by *transpiration*, and *sweat*; by *urine*, and *siege* duely discharg'd; by *spittle*, and *snot*; then by any *Purges*, or *Vomits*, or *Electuaries*, or *Phlebotomy*. It is not to be done much less by one *Medicine*; for though such an *Arcanum* were in being, as would depurate the *Blood*, and revive the decayed *ferments* of *Nature*; yet would it require other circumstances to effect this; as a *moderation* of *Diet*, and the six things *non-natural*, &c. without which it can do no more on the *blood*, then the mixture of *barm* doth to *wort*; it may be ready to produce a *fermentation*, but it will not open a *bung-hole*, or create *vents* for the *Drink*. Frequent *Phlebotomy* hastens *old Age*, besides other inconveniences: frequent *Purges* are much worse; for it is usual with *Nature*, when taught one course to pursue that to the *discontinuing* of other *evacuations*: so that, to teach *Nature* to *disburthen* her self into the *Guts*, and *Stomach*, (neither of which are designed for *Vehicles* or receptacles of *Excrements* remaining after *digestion*, or cast in there by *Nature*, but for a

continued

continued *Concoction*, prosecuted by *Nature* from first to last) is to teach her to omit her other *evacuations*, which are as necessary as going to stool, and (which is more) to accustom her to disburthen her ill *Humours* into those parts, the *right Tone* whereof is that, whereon principally *Health* depends.

Let us consider, how our *Palat* and *Taste* is disorder'd by the *defluxion* or *redundancy* of an *insipid Salt*, or sharp and *Vitrioline* *Humour*: let us examine the like inconveniences, when they befall the *Stomach*, and by this *Analogy* conjecture at the effects, which arise in the *Guts* upon the like accidents. And can we think it prudence to use *Nature* to discharge it self into that *Chanel*, so often as we do? View the *World*, and you will see, that not one of those, that constantly take *purging* and *opening* *Diet-drinks*; that deal so much in *Pills* of *Scammony*, and other such like *Purges*; not one of them, but is more or less *Hypochondriacal*: whereas those *Country-people*, which *sweat*, and *labour*, enjoy an *undisturbed health*, *strength*, and *fresh colour*.

To apply all this, since the nature of *Health* is such, as I have described it to be; and that it depends upon such means, as I have specified; it is undeniable, that there is not any thing hitherto extant in *Physick*, that may compare with *Chocolata*, which is not only *mony* in the *Indies*, but food, and *Medicine* too every where. It yields good

good nourishment, with this advantage, (wherein it surpasses all *Wines*, and *Cordial Spirits*) that its nourishment is not only quick, but less dissipable then theirs. It begetteth such Blood, as fitly depurates it self by *Stool*, *Urine*, *Spittle*, and *Sweat*; as I have observed in my self: and consequently there cannot be any thing more apt to preserve *Health*, and *vigour of Spirit*. I must profess it to be the Assertion of the *Indian Writers*, that it opens *Obstructions*, provokes *Urine*, and *Sweat*. I dispute not its temperament, be it hot, or cold, or imperveffigable: but I shall tell my own Experiments, consonant to the *Indian Discourses*. I never could finde any such effects, when I took it mix'd with *eggs*, or *milk*: and indeed I like not much either of those ways, since the *Nut* there seems to differ much from it self, when prepared alone; as I observed in the dressing of it with the *Yolk*; and the same I have observed with the *white*, when commix'd the ordinary way; though I must needs say, that I have so put in, and mill'd the whole egg, that the *whites* have never curdled, though it hath been heated twice. But, to pursue my inquiry into the truth of the *Indian* assertion, I prepared it the *Indian* and *Spanish* way, and walking upon it, I felt my self to be seised with a gentle sweat, or moisture, and moderately to purge by *Urine*, and to expectorate: and this I finde constantly to befall me, if I take it
so:

so: and it less offends the *Stomach*, and refreshes more, then any other way. Having been lately at a *Filh-diner*, I found my self not well after it; *Coffee* gave me no ease: but rather encreased the *Distemper*; till I forced my self to vomit several times: having done so, I went to bed (it being night) and drunk a large draught of hot *Chocolata*, prepared the *Indian* and *Spanish* way, and I suddenly fell into a *sleep*, and *sweat*: and so continued all night-long, and found my self perfectly well in the Morning. This effect seemed more strange, because many think *Chocolata* to oppose sleep, but I found my repose then very suddain, and lengthened at least three hours beyond what I usually take. Since that, I have sundry times taken it that way, going to bed, and I have found it no way to prevent sleep: nay, I never sleep better, then when I take it: and therefore I am ready to give this Reason for Mr. Gage's taking it, as often as he was to sit up; not to keep him awake, but to preserve his *Spirits*, which in the *Indies* need a frequent supply of food. Or it may be said, Since sleepiness, and natural sleep are two things, that *Chocolata* may allay *spleneticque fumes*, and *drowsiness*, and yet promote natural sleep.

And as *Chocolata* provokes other Evacuations thorough the several *Emunctories* of the body, so it doth that of *Seed*, and becomes provocative to lust upon no other account,

count, then that it begets good Blood; that nourisheth much, and, as it nourishes, separates the already inexistant superfluities; or varies, and degenerates into new Excrements, which are to be discharged out of the body by their several passages, one whereof are the *Spermatick vessels*. If I do call the *Seed* an excrement, I am sure I have *Aristotle's* authority for it: which will make it the less a *Paradox* to the vulgar; whilst others^f concur with me herein, who by Excrement understand nothing, but *quod Natura excernere decreverat*, what Nature intended to excern: and that the *Seed* is such a thing, is undeniable, I think. The use of *Venery* is as natural, as for a Man to blow his nose: though not so lawfull every way; since even simple Fornication is prohibited the Gentiles with as strict necessity, as the eating of blood, and things strangled: And however after-times have absolved themselves from the necessity, which prohibited the latter, by eating strangled Rabbits, and black-Puddings: yet have few or no Divines attempted the former, or alleviated it: howbeit that ***

fVide Prosper. Alpin. Medic. method. lib. 11. cap. 13.

g Act. 15. 29.

h Petron. De vict. Rom. lib. 5. cap. 1. Prosper. Alpin. Med. method. lib. 3. cap. 6.

And it is an unquestionable Experiment, that moderate *Venery* eases the Chest, revives the Brain, impinguates the Body, and cures or contributes much to the cure of many Diseases in both Sexes: it is admirably effectual in hot Distempers, and mad-

ness

ness of the Brain in young unmarried folks; as I have seen, both in *Maniacks*, and *Melancholicks*, whose Cure hath been more facilitated hereby, if not totally effected, then by repeated *Phlebotomy*, and extenuating Diet, and *Potions*, or *Elektuaries*. Yea, I have known a *Chronical Tertian* break in the Spring by a *Critical solution* of this nature: which, however it may seem incredible, is I am sure true; nor had the Party ever before experimented those pollutions; but he did instantly recover, and was so far from being debilitated with a large *Critical eruption*, that he was beyond belief at that very time refreshed, and strengthened in his Spirits. I shall not insist upon the benefit Women receive thereby: though I could recite an infinity of Cases out of the Physicians for Nunneries, that might be considerable herein; their *Hysterical fits*, *Hypochondriacal-melancholy*, *Love-melancholy*, *Atrophy*, their *Spermatical Fevers* (related by *Sinibaldus* in his *Geneanthropia*) are instances of the necessity hereof: and then the great prudence of *Moses*, who, if he severely prohibited, that there should be no Whore amongst the Daughters of Israel, he took great care for their timely marriage. As for Men, I have known many, who, being absent from their Wives but a few days, would be troubled with a smelling of the Testicles, or an unusual paleness, and stupidity of Brain seising on them, who would

finde a constant and infallible Cure again in the embraces of their Wives. Nor is this passage designed by Nature alone for the *evacuation of the Seed*; I have shewed how a *Chronical Tertian* critically did break that way; and many other eruptions happen that way, then are *Seminal*. I mention not the *virulent Gonorrhoea*; but intend other Pollutions, and Ejections, which are recorded in the books of the *Roman Casuists*, especially *Gerson de pollutione nocturna*. And, if I be thought immodest in this Discourse, I am sure the *Chancellour of Paris* is never named (no not by *Protestants*) but with honour, notwithstanding what he hath writ; and there are Passages in the *Bible*, that retrench, as much upon Civility, as any thing, that hath fallen from my pen: and I treat of nothing, but what is as much included within my Profession, as within the Subject of *Casuists*; and why should I be more blamed? Is it not one of the ends of Marriage to prevent burning? yea, is not this the principal Argument insisted on by the *Protestants* in the behalf of a married Clergy?****

Let us then take it for a certain Position, that *What yields the best Blood, and promotes all naturall expurgations, is the best of Food, and Physick*. And that *Chocolata* is such, appears by what I have already said. I cannot allow it to be Provocative upon any other

other account: (if it be prepared without any lust-full Ingredients) and it hath this advantage above the most *substantial Butcher's meat* (the taking whereof with chearfulness, and manly exercises, is the best *Venerat* preparation) that it allays, with its milde and vegetable Oiliness, the sharpness of the Blood, and Nervous Liquour, which the *animal Sulphureousness* of the other does not. There can be no Universal Prescript for the promoting *seminal Excretions*: yet, since it is a part of *Physical Institutions*, and treated on by every *English'd Institutionist*, I shall enlarge thereon, for the benefit of the married: which is a justification always sufficient for these kind of Discourses.

I take it for granted, that there is a particular ferment implanted in the *Testicles*, and *Seminal parts* adjacent, whose Nature it is, after that it hath lain digesting, and maturing for so many years (*viz.* twelve in *Females*, and fourteen in *Males*; more, or less, according to the *individual temperament*) then to exert it self, and to vigo-rate the Blood, so as the whole body, as well as voice, suffers a great change: the *Aspect* becomes more lively, and chearfull, their *Wits* more ripe, their *Carriage* more debonair, their *Nerves* more agile: in fine, I may here accommodate, as to the age beginning to be qualified for thoughts of Love; what the *Comedian* said concerning Love, is self,

*Adeone ex amore quenquam immutari,
Ut non cognosces eundem esse?*

This Seminal ferment in it's first operations doth only impregnate the Blood, and nervous liquour, circulating, and passing through those places, in which it resides, with a new and unspeakable vigour, and sprightliness, without occasioning any excretion, or seminal congestion in the Testicles, or prostate, but inclining to erect: for the operation of each ferment hath its time, and requires a determinate Subject to operate on. Thus Lads have Venereal proflusions yet without emission; because the Seminal ferment doth enliven their Blood, without any separating of seed thence: for the Blood, and proportionably the Liquor of the Nerves, is not of the same nature in Striplings, as it is in men of fuller growth; there being in the former a great deal of Phlegm with a small quantity of Spirit, and volatil Salt, whereas the latter is of a much different nature: and consequently, the effects of the Ferment are not so powerfull in the former, as in the latter.

From this Consideration it is easie to finde out a reason, why Striplings are longer before they eject, then others, and yield not so much pleasure to the Female they embrace. Their Seed being without doubt clogged with Phlegm, which doth more slowly

slowly issue out, and, for want of Salt, and Spirit, doth not so affect the Womb, that receives it, as doth that of a grown man: and this is the reason, that one man differs from another in the pleasure arising from his embraces: and a Woman, accustomed to the Society of one Husband, may either not love him, or prefer another, with more excuse, then the vulgar allow, or apprehend: there being a very great resemblance betwixt the Womb, and the Stomach, and as great a possibility, that the one is capable of loathing some — as well as the other may do some Meats: and of this, as to the variety and difference betwixt Woman and Woman, or betwixt the same Woman at one time, and at another, I have been assured by Men of great Experience, as also by sundry eminent Writers, as *Ulmus*, *Campanella*, and *Sinibaldus*: and *Martial* many times insinuates it.

Whilst it is not natural for this Seminal ferment to act, so long the Blood needs no such evacuation; and the attempts of it are prejudicial to the Health, untimely Venery hastening old age: but, when the Blood and Nervous Liquor becomes acrimonious thorough the abundance of Spirit, and Salt, and that it is impregnated by the Seminal ferment, as water passing thorough Minerals: then it is natural for it to depurate it self by a separation of Seed in and about the Testicles: and that, being separated there, is not

reimbibed

reimbibed into the Vessels again usually, (for in some Cases I believe it to be) but it will force its way out in nocturnal pollutions, or create perpetual inclinations to lust; or, in part remixing with the Blood, after it hath been long extravasated, it begets redness and Pimples in the face, acrimony of Blood, Sputations, Oppressions of the Chest, Palpitations of the Heart, surtiness of Humour, disturbed Sleeps, Head-aches, a peculiar Distemper in the Brain, as (together with its Cure) is more evident to sense, then to be expressed by language.

i Vide Prof-
per. Alpin.
lib. 3. Med.
Method. cap. 6.

This is the nature of Man, who in Paradise was to encrease, and multiply; and by the fall his Nature was debilitated, not lost,

In his book^k concerning the City of God it is avowed by St. Austin, that Adam in Paradise, before the fall, could have erected at pleasure, and that the motions of the flesh were so perfectly subordinate to his will, that he could as easily have moved his — as put in at the his hand; a constant vigour and immortality of spirits attending him, and being entailed on him, whilst he continued in that condition: but, since the fall of Adam, those amorous inclinations are less constant to men, and depend upon other circumstances, then the dictates of his Will. The effects of Grace bestowed on Adam are endeavour'd to be supplied (where youth, or Nature fails; the efforts whereof are infinitely short of the pleasures of Paradise) by Salt,
or

or Spiced meats, Cullises, and Jellies. But neither Anchovies, or Bononia-sausages; no Preparations of Cock or Lamb-stones, or Diasatyriion equal that primitive condition: nor do the Fruits in Jamaica call'd Cusshu equal the feeding of the tree of Life, as to this point. Some are provocative only by producing a strong and well-digested nourishment. Thus solid and substantial Butcher's meat, and the like, are the only lustfull sustenance to a good constitution, and strong body, inured to vigorous Exercises: for the performances of the bed are not created therein. Ease and soft-lying do but effeminate the body, and they become unable to concoct strong meats: and the Seed becomes worse-digested, and, as I may call it, worse-relished for the Gusto of the Womb; the erection is less vigorous, and the spirituasency of the seed little; and the ejaculation too sudden, weak and impropionate to the ardours, and desires, and expectation too of the Female Paramour. The Nourishment, that ariseth from substantial meats, and of full growth, is less dissippable, and more impregnated with animal Salt, then the young, tender flesh, or liquid sups: they require and preserve a strong Stomach; which lighter meats do

I hope the • Presbyterians will consider this, and no longer condemn the Chocolata drinkers for Luxury, and Vene-real inclinations: since it seems manifest, that there is no Vene-real projects like to your constant Diet: viz. a Candle in a morning, milde, but heavy: a diner of solid meats, a good Sack-potter with Eggs & milde Spice, at night; and all day a moderation in drink, and exercise.

do not: and *exercise* depurates the Blood, separating out the *several excrements* by *distinct emunctories*, whereby the Blood is better concocted, and capable to yield a more *vigorous Seed*, and to bear its ejection more easily, then otherwise it would. The *Nerves* and *Muscles* are more *tense* and *strong*; the *Pulse* is more full and strong after waking, then in the sleep: and every Man experiments the truth hereof in himself. To a good Constitution if you give *Wine*, *Spiced-drinks*, or other *Delicacies*, or *Luxurious provocations*, you destroy his Stomach, and debilitate him. These Incentives are only for the *Phlegmatick*. The others (especially the *more hot*) are more provoked by cooling things, and what fixes rather, then heightens the *Spirits*. Thus *Rachel* purchase *Mandrakes* for *Jacob*. Thus the amorous and Martial Turk drinks *Opium*, and *Sbirbet*, to continue his lust, as well as strength: and however the generality prefer the yolks of Eggs, the most observing

1 Vide Petron.
De vict. Ro-
man. lib. 3. cap.
19. De ovis,
& lib. 5. cap. 16. Qui etiam ad sobolem procreandam majore irrita-
mento, plurique semine indigent, hos & efficacius & suavius con-
cubituros, si prius, quam uxorem incant, ferculum ex lacte ovorum,
qua tremula nuncupantur, cum pane recenti, quemadmodum lac ip-
sum comeditur, triduum quatriduumve mane & vespere ante cibum
assumpserint. Neque in hoc casu presidium aliud ullum huic par esse, sive
pipiones cum vino rubro, cum Aromatibus, sive Diasatyron in medium
adduxeris.

bid me say, there is not any thing in Art, that equals the white of an Egg mix'd with some

temperate

temperate *Cordial emulsion*, or beaten with *Rose-water*, and mix'd cautiously (to prevent *Curdling*) with some strained *water-gruel*, or the like, and sweetened with *Sugar*. And being prepared this last way (or with *Rose-mary-Posset-drink*) it is an excellent thing for any *Cold*, or for a *weary Traveler*, causing him to rest well, and relieving his strength, so as to diminish, or take away all wearisomness occasion'd by *hard travail*. Others will be the more inclined to this *Opinion* not by tryal, but common reason: it being the *White*, out of which the *Chick* is shaped; the *Yolk* being entire, when the *Chick* is almost ready to hatch. It is an *albugineous substance*, out of which we are created, and fed in the *Womb*: and the *Seed* ejected hath a more then ordinary resemblance, in its colour, consistence, and *spirituascency*, to the white of an Egg. Besides, it is the white of an Egg, which makes the bread, cakes, &c. to be light; your Yolks commix'd make them heavy: the one allays all acrimony of Humours; the other encreases *Choler*, and augments the evil Humours in the Stomach by being easily depraved. In sum, I think it can hardly be imagined, that the Yolks of Eggs be good food; since the taste of them upon the Stomach, after the eating of other meat, is a sign of *ill-digestion*. And indeed the taking of the aforesaid Preparation of Whites of Eggs is never more necessary, then after those

those *amorous conflicts*; when the *Nerves* and *Blood* are weakened by the late *effusion*, and the vigorous performance of those *Venerable Exercises*, in which the whole body suffers a very great agitation, and the *Sinews* a tension answerable to the stretching of a chord; the whole *Blood* boils, and the *Brain* labours proportionable to the passion of the *Inamorato*: who, if he be not of too hot a *Complexion*, exchangeth those transports, and *pleasing languours*, which conclude these *dalliances*, for a delightful slumber; but, if he be of a more *Cholerick*, or hot constitution, the disorders of his *Blood* survive his delights, and diminish them much by rendring him *Melancholy*, or *peevish*, and either immediately, or not long after creating him an *head-ach*, which is not allayed but by the next night's repose. To prevent this, our wise fore-fathers in *England* made it a custom each *Wedding-night* to provide a *Sack-possiet* with *Eggs* for the *Bride-groom* to eat of, going to bed; and also to stand by him all night, that he might eat of it, as often as he pleased, to recruit his *Spirits*. I should recommend the like practise (either mixing his whites of *Eggs* with *gruel*, or *Sack*, or *Sack-possiet-drink*; and omitting, or lessening the yolks) to every *Lover*, as often as he is engaged, taking of it immediately after he hath ended his sport: whereby he will (provided it be not too sbick) prevent the inconveniences of the past

past conflict, and be enabled for another. As for *Chocolata*, how effectual it may be herein, I understand not by experience: but, since the most *amorous Nations* in the *World* drink it, it is very possible, it may conduce thereunto much. If it be the design of *Physick* to preserve *Nature*, and free her from superfluous collections of *Humours*; and nothing doth that better than *Chocolata*, as far as *Venery* is but the Collection and ejection of a superfluity gathered in, and about the *Testicles*: with-

out doubt *Physicians* cannot decline to commend it. It chears the *Spirits*, begets good *Blood*, and opens all the *Emunctories* of the body, and passages, by which *Nature* designs the ejection of some particular *Humour*. And this is to be understood of the *Cacao-paste*, and *milde Compositions* of *Chocolata*, in which there is nothing, that doth beget a particular fusion in the *Blood*, and a titillation inclining a man to *Venery* beyond the natural disposition of the Person. What I have hitherto spoken had no further intent, then the support of that *Nature*, which

I cannot rely upon my own experience in any part of these *amorous Discourses*, and *Observations*; but I owe it all to the acquaintance I have had with Persons, the vigour of whose *Spirits*, as it made them learned and eminent *Philosophers*, so it did incline them to render to love. It being observed by the *Marquess Malvezzi*, that Men of great parts are not chaste by *Nature*, but *Grace* or *Prudence* makes them so. But, as to the taking of the white of an *Egg* in *gruel* at night, I have for some years scarce used any other *Supper*: and I finde it to refresh my *Spirits*, which are taken up with perpetual contemplations; and to allay all arduours of the *Blood*; and vapours, whose acrimony might disturb my rest, and to remove all weariness occasion'd by study, or travail.

which God gave us, and which, as I have shewed out of St. *Austin*, hath been much impaired by the fall. I know many will be apt to censure this Discourse, as tending to sensuality, and the upholding carnal lusts and desires: but I suppose the more prudent will acquit me from any such imputation; since that is not the use, but abuse of *Chocolata*, and is common to it with all other meats of good nourishment: against which I do not hear them so to declaim, as to interdict them totally. I am not ignorant, that there is a Doctrine of Mortification, and that we ought to suppress carnal-lusts: but I am to learn, that this is to be understood literally; and that we must geld our selves like *Origen*, or chastise our selves with the *Papists*, and not understand all those Doctrines spiricually, and like good Protestants, defying the exercises falsely called *Spiritual* by the *Popish Friars*, and *Jesuits*, who practise this literal Mortification: whilst we imagine that carnality may be subdued by other means, captivating the Understanding into the obedience of Faith, and subduing our wills, not breaking our backs; and denying our lusts, whilst we preserve a Nature and temperament given us by God. I expect the greatest censure from those, who disclaim *Fasting-days*, and *Ember-weeks*; who keep Lent with *Capon*, *Sack* and roast Beef; which is their *Luxury*: and what they condemn in others is but a different and less solid

Luxury; then what they pursue. I am not any way disposed to instruct Men in evil, and would not seem to encourage them therein: and, to evidence this, I shall now speak concerning the more compound *Chocolatas*, which are made, or used on purpose to augment *Venerous inclinations*. The things usually designed to exstimate Nature to excessive *Vener* are very hot, and Aromatical, and which also carry with them an acrimony, or saltiness, wherewith they continually excite Nature; which being incessantly provoked thereby casts out whatever is next, whether it be well or ill-cooked Seed, or *Phlegm*, or *Blood* impregnated with a saliness. It is not heat alone in meats, that doth it: for the effect of *Cloves*, *Cinnamon*, and *Nutmegs*, or *Mace* is not equivalent to that of *Pepper*, or *Salt*, and *Salt-meats*. These last operate by introducing a momentary or lasting saltiness, or acrimony in the *Blood*, which, as it circulates thorough each part, makes different impressions, according to the different Nature, or indisposition of the part. And, if any disease introduce any acrimony or Saltiness into the *Blood*, the same Persons will be much inclined to *Vener*, thus those, who have the *Itch*, and *Leprosie*, as also the *Melancholick* Persons are exceeding amorous; however the last bear those evacuations very ill; and the lying long, and on soft beds, and living idly, doth render Men lascivious; but these are not

not natural, but *morbid inclinations*, and therefore are neither executed with that *activity*, nor hath their *seed* that relish, or *gusto* in the Womb of the *Feminine consort*, that attends *vigorous and active Men*. For *ease and idleness* retard *transpiration*: and those *Humours*, which should issue out according to the several intents, and *passages of Nature*, being retained, or resumed into the Blood again, introduce an *acrimony* into it, whereby Nature is extimulated to an *ineffectual Venery*. Thus, after long *Agues*, or the recovery out of *Chronical Diseases*, a *salacity* possesses the Patient, which as it ariseth from no other cause, then I have already specified; so it is prejudicial to the Person he embraceth, for hereby Diseases are transplanted oftentimes, as the *Pocks*, and *Consumptions*; or new ones introduced, of which the *poor woman* is not apprehensive, being ignorant of this cause lying in the constitution of the *seed* of her Husband newly recovered, or newly having fill'd his Veins with *acrimony*, or *saline humour*, occasioned by some late entertainment. And when I consider seriously the *multiplicity of Distempers*, which affect our *English Ladies*, so as that such as were very *healthy Virgins*, become very *sickly* and *infirm Wives*, and some recover again as soon as they are *Widows*, I cannot but think that many of their *Diseases* may arise from the *seed*, which their *Husbands inject*, and are fomented so thereby, that

that all *Physick* becomes unsuccesfull, because they do not totally refrain each other's Bed. I am very confident of this Opinion of mine, that it is true: because several have assured me of a great discrepancy they could feel in the *seed* of their Husbands at severaltimes, and that they were variously affected thereupon.

I shall evidence this by a notable History of *Laurentius Hofmannus*, *De usu & abusu Medic. Chym.* pag. 124. *Et ego ipse nobile par conjugum mirabili morbo afflictum vidi, quos hoc ipso [sc. Mercurio vitæ] feliciter curavi. Casum itaque hunc mirabilem, & vix auditum, lubet apponere. Quotiescunque maritus rem cum uxore juvencula formosissima habere cuperet, maxime hæc trepidabat, concubitumque illius reformidabat, propterea quod plerumque, post seminis masculini, calidissimi, & fetidissimi, effusionem, exanimis in thoro jaceret: factor enim seminis adeo abominabilis fuit, ut fere semper post coitum in animi deliquium inciderit. Interim tamen quinque annorum spatio decies concepit, & molas, vel exiguas abortu peperit. In consilium itaque vocatus, Mercurium vitæ marito, uxori vero alia convenientia exhibui remedia; quibus Deus ita benedixerat, ut non tantum magnâ cum dulcedine nobilissimi conjuges deinceps amoris poma decerperent, sed etiam anno sequenti parentes audirent.* That is, 'I knew a noble married couple troubled with a strange sort of Indisposition, whom I successfully cured

' with *Mercurius vite*. I shall report the Case,
 ' it being rare, and unheard of. As often as
 ' ever the Husband conjugally embraced his
 ' Wife, which was a Person of extraordinary
 ' beauty, and youth, *she* used to shiver, and
 ' tremble, and feared nothing so much as
 ' his *amours* : because that for the most part,
 ' after that she had received into her womb
 ' the seed of her Husband, which was very
 ' hot, and of a most stinking scent, she used
 ' to swoon away : for so abominably noy-
 ' som was the seed of her Husband, that
 ' it was no sooner injected, but it caused
 ' faintings and swoonings in her : yet did she
 ' conceive, and miscarry ten times in the
 ' space of five years. Being demanded my ad-
 ' vice, I gave the Husband *Mercurius vite*, and
 ' to the Wife other suitable remedies, which
 ' had so great an effect, by God's blessing, that
 ' the two Noble Personages did enjoy each
 ' other with a great deal of pleasure, and
 ' she brought forth a living childe the fol-
 ' lowing year.

Nor is this repugnant to what we daily
 observe in *uterine injections*, which differ-
 ently operate according to the different
 Ingredients, and Qualities. And if it be so
 herein, how much more ought we to al-
 low the truth hereof in Seminal injections,
 which as they are injected, as are the for-
 mer, so they are received with much more
 ardour, the conflux of Spirits thither oc-
 casioning a greater tension and heat. there

at

at that time, so that the contagion pierces
 deeper ; as Infection is sooner caught by the
hot, and *sweating* (the pores being open)
 then by the *cold*, and *chill*.

Let the *Women* hereby should upbraid
 the Men, and boast the hazards they run by
 Marriage : I must crave leave to tell you,
 that there is as great variety in *their Sex*, as
 in ours ; and that every one, that wears a
Petticoat, is not capable, nor merits the af-
 fection of a Man, how beautifull soever she
 may be : nay, commonly it may be said,
 that the *fairest Persons* (where a mixture
 of white and red accomplishes the face)
 and the *best shaped* are fitter for *Mistresses*,
 then *Wives*, and yield a more pleasing en-
 tertainment in a *Balcony*, or *Coach*, then *Bed*.
 I shall not alledge the *Reasons*, though they
 are irrefragable ; but only add, that it were
 easie to write an *Apology* for those, who, ha-
 ving married such, continue not their af-
 fections beyond the first moneth, or year.
 It is for such that the Proverb of *Hony-moon*
 was designed : and if any can continue a
 long affection for such, either the Man is ex-
 traordinary good, or cautious, or the *Wo-*
man extraordinary cunning ; or else he is a
 Novice, who, having no experience of the
Sex, imagines all to be as his *Wife* is ; as
 that *Romane* Dame supposed all Men's
 breath to stink (the having never kiss'd a-
 ny else) because her *Husband's* did so. I
 could here enlarge upon the *Reasons*, why a

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Man

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Man may love eagerly and constantly a deformed Person to the prejudice of a beautiful Lady, and assert the commendation of Ronsard to Pasithea, or the Queen of Navarre, whom he represents to be

Of Complexion rather brown, then fair.

With which agrees the choice of Solomon in the Canticles: *I am black, but lovely.* But I shall only add, that it is an undeniable thing, That there is not that Variety, or certainty of Accidents, that befall a Man, so as to render his Embraces distastfull, or fatal (excepting the French Pox) to any Woman, that there is in most Women, to render them unfitting, or unworthy the Embraces of a Man: so great an alteration doth Age, Child-bearing, Sicknes, and the like, introduce into the Womb, as to its Natural Make, or Original Ferment. Nor are Men either to be separated for the reality of their applications, and professions, before marriage; because they live not up to them, after it: or to be censured so bitterly for inconstancy; because they persist not in their first Affection, and Declarations: for perhaps the beautiful Lady is changed; or did by Surrender acquaint him with Discoveries he knew not before, nor could make: and therefore, if he proceeded by that Rule, which his sight and utmost enquiry gave him, he acted as well as Man could; but he still might

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might be deceived in the Conclusion: but that, being deceived, and knowing himself to be so, he should act, and comport himself as if he were not so, is a constraint every Man's Spirit cannot submit to: and therefore it is to be excused, as well as the principal frailties, whereunto Humane Nature is lyable.

The truth of what hath been already said being granted, I shall suggest two Conclusions therefrom, which I think inevitably do follow: viz.

I. If it be true, that the collection and ejection of Seed in Man, (or Woman) is a natural act, arising from the Blood depurating it self, and the Ferment of the generative parts particularly operating upon the Blood; then ought they no more to be forced, then those other natural Excretions are, of Snot, Spittle, Urine, &c. which we do not promote, but when their deficiency is, or may be troublesome: nor do we evacuate, but when

L 3

when we are sensible of their redundancy.

2. If it be true, that there is a great discrepancy not only betwixt the Seed of one Man and another, but betwixt the Seed of the same Man at one time, and another; which is occasioned as well by the Food, and Physick he takes, as by alteration of Age, or Sickness: it is then very considerable what Provocatives a Man takes, or a Woman gives to provoke lust, or conjugal desires, lest the Nature of the Seed be depraved, and the Woman incur harm thereby.

It likewise concerns the Woman to have a particular regard to her self, that she may with equal ardours meet the embraces of her Husband: she must know, that to retain his affection more is necessary than solemn promises, and joyning of bands in the Church, or the continuing of her beautifull aspect and shape; these may acquire, and fix a Servant, but not an Husband: she must therefore take care, that her Blood be eve-

ry way sufficiently depurated; upon which depends the Vigour of Body, and Minde; to the effecting whereof more is requisite, then I can now propose.

Active Complexions are only to be preserved what they are: all forcing destroys them. These therefore must have a milde and temperate sort of *Chocolata*; not enriched with any sort of Pepper, but that of *Jamaica*, nor any other Spice, then of the *West-Indy* growth. They need not natural heat; and the aforesaid Composition will sufficiently enliven them: but, if any debility of Stomach, or accidental weakness befall them, they may vibrate the *Chocolata* with a glass of good *Canary*, or old *Malaga-Sack*, when they mill it up; or take a more rich sort; but yet short of those hot and fiery Compounds used by the *Spaniards*. The *Pblegmatick* Tempers, if also abounding with ill Humours, must take *Chocolata* cautiously at first: premising a Purge, and taking some gentle Lennitive once in six or eight days; lest it beget too great a fusion of Humours in his body: and he must begin with milde *Chocolata*, and after take richer and more effectual Compositions. Nature endures not violent and suddain changes. I once had a Woman came to me to complain of the unactiveness of her Husband, who was, to see to, a lusty able Man, but *Pblegmatick*, and of a muddy aspect, as if *Cacochymical*: she desiring of me some powerfull *Electuary* to add cons-

rage and life to him: I prescribed her one agreeable to what *Vanninus* in his Dialogues recommends; not doubting, but he would propose the most effectual in that kind, *Leachery* being his greatest Moral vice. He had not taken it many times, but it created in him desires altogether unusual; but, in the midst of his and his *Wife's* delight, he fell into a suddain fit of an *Asthma*, which had almost ended his days.

In reference to both these Considerations perhaps it is, that in *Italy* they now condemn *Chocolata*, if we may believe *Si- nibaldus*; because it was found so Provocative, that in a little time it rendered the Men impotent: like those Plants, which, if they be suffer'd to run to Seed, dy that year. But those *Italians* know no *Chocolata*, but what is of the *Spanish*-make, and abounding with *Chilli*, or red Pepper.

m Oritur Aspermia obre- rum impense calidarum u- sum, qua semen, & succos, & quibus prodiit exsiccant, & exhauriunt; ut ruta, mentha, camphora, & alia id genus malefica naturalia: quibus addi potest nova illa forbitio, ex calidissimis herbis ab Indis parata, quam vocant Chocolate. Hac enim Seminalem succum arefa: it adeo, ut qui illam frequentant, brevi tempore aspermatii fiant. Sinibald. Geneanthrop. lib. 15. tr. 1. cap. 20.

I shall speak no more concerning the use of *Chocolata*, then as it is prescribed in *Hypochondriacal Melancholy*: because that this doth merit a particular enquiry; for sundry do commend it therein. *Paulus Zacchias* in his *Italian Treatise of Hypochondriacal Melancholy* mentions it, and saith, It is not

to be allowed in that Distemper, but with a great deal of judgment: since he cannot believe, but it is rather *hot*, then *temperate*. And *Piso* saith, he knew none in *Holland* to receive hurt by the use of *Chocolata*, but such, as were troubl'd with *Hypochondriacal heats*: from whence we may collect, that, in his judgment, it could not be allowed them. Yet I have known learned Men here in *England* prescribe it in the Case aforesaid. I shall, with submission to better Judgments, solve the Question by distinguishing the several Compositions of *Chocolata*, and accommodating them to the Disease controverted. In *Hypochondriacal Melancholy* we are to consider how there are great Obstructions in the *Mesaraical Veins*, and *Chyliferous Vessels*, so that no other *Chyle* is distributed into the Body, but what is apt upon the least occasion to ferment, and boil: which as it is perceivable by the Patient in the whole Body, so the multitude of *Arteries* in the *Spleen*, and its communion with the *Stomach* (by what ways I enquire not, but the *Communion* is undeniable) make it primarily and most evidently perceivable there. There is also a Debility of the *Stomach*, which is so relaxed, that it neither digests the Food received, well; nor emits it, being digested: so that it corrupts by long stay in the *Stomach*, (the Body being costive in the mean while) and grows *sour*, and so corrodes the *Stomach*, and whatever is

is ingested, it presently begets a great conflict in the Stomach, attended with acid vomitings oftentimes, and the whole mass of *subtle and sharp Blood* is likewise affected, and put into *heat and disorder*, especially the *Hypochondria* thereupon. Thus they are never well, full, nor fasting; and pine away, complaining of a weak Stomach: which the *Italian and Spanish Galenists* considering, thought the Disease to proceed from a cold Stomach, and not from an *Aqua Stygia*, or the like *Menstruum* in the Stomach, made up of the several *Salts*, and *Tartars*, extracted out of the different meats eaten, and a redundant sharpe liquour issuing out of the *capillary Arteries*, and coats of the Stomach, into the Stomach: for as the blood is in such very *serous and sharpe*, so is the Humour transuding into the Stomach heightened in its acrimony, and augmented in its quantity beyond measure. Now, the Question is to be understood, *premissis generalibus*, general Purgings being duely premised, and opening Physick administred. And in this Case I answer, That *hot-spiced Chocolata* (and especially what hath *black, long, or red Pepper* in it, whose Nature it is to create an acrimony, as well as to heat the Blood) cannot agree with the Stomach; because they will more heat and inflame the Blood, then is tolerable: and this is confirm'd by the experience of *Piso*. But, as for *milde and temperate Chocolata*, I doubt not,

but

but such a sort might be made, as would exactly suit the Disease, and contribute much to the recovery, being given in water, not mix'd with *milk*, or *eggs*; but given the *Spanish and Indian* fashon: and the water it self being such a water, as will not stay in the Stomach, but pass immediatly into the Blood, and void it self by *Urine*. To confirm my Opinion, do but consider the Nature of the *Cacao-nut*, and *paste*: it is very nourishing, it allays vapours and ebullitions of the Blood; it is not apt to sowre (as gruels, and broths of meat, or *China-root* instantly will) and it keepeth the Body soluble, and moderately purges by *Urine*. All which Indications we are to aim at in the Cure of this Disease. It also corroborateth the Stomach by its adstriction, it allayeth the *sowr Humour* by its unctuousness (which floats not on the top, but accurately commixes with the liquour) and its bitterishness, then which there is not anything else more gratefull to a weak Stomach. Add to these Considerations, that *Chocolata* is a liquour, and that the Cure of *Hypochondriacks* depends upon *humectation* (seeing that *Me-lancholici, si bene humectantur, bene curantur*) and there is not any thing can occasion a scruple, but the addition of *Sugar*: which how far it may agree, is to be determined by Experience, since otherwise it will be condemned by Reason. But, should it not agree, the *Cacao-paste* may be prepared for

Persons

Persons deeply *Hypochondriacal* without *Sugar*, or *Spice*, except a few *Anise-seeds*, and powder of *Santals*, or *Sassafras*, and dissolved, upon occasion, together with some *Bezoar*, or any other *Stomachical* Preparation of *Antimony*, or whatever will saturate that *esurive* Humour upon the Stomach, and open *Obstructions*. Being thus given, I cannot imagine, but it must be a very effectual contrivance for the desperate *Hypochondriacks*, being regulated by a diligent *Physician*, and an observant *Patient*: without which it is impossible to effect that *Cure*; which is tedious, and requires *circumspection*, and variety of remedies to carry it on. As for those, who are afflicted with that Distemper, I suppose a *milde* sort of *Chocolata*, with a mixture of *Spice*, and *Sugar*, may agree very well.

The other Virtues of *Chocolata* in *Hysterical fits*, and *Asthmas*, or *Consumptions*, I have not time to insist on: from what I have said, and shall say about the way of using *Chocolata*, any *Physician* will be able to collect how it is, or may be used in such like Cases.

Concerning the variety of Ingredients in *Chocolata*, and the several frauds in making it up, I have already spoken so much, as I need not to enlarge again: only as to the Addition of *Achiote*, I hear the use of it is condemned by one of our most learned *Physicians*, as being prejudicial to the Head. I could

could never yet hear what Motives he had for that Opinion of his: for in all the *Indian Writers* I do not remember any such thing; I have already represented their Testimony, and that is the voice of Experience in Comprobation of the use of it. I never found any inconvenience by the use of *Achiote* (which is an Ingredient in my ordinary and royal *Chocolata*) nor do I hear of any, that does. I would rather adventure to recommend the use of *Achiote*, since, without heating, it doth powerfully attenuate all gross Humours, (and the Blood of us Northern People is more gross, and less fusile, then that of the Spaniards, or Indians, and we are prone to Coughs, stoppings of the Chest, and Asthmas, by reason of our gross feeding, and the thickness of the Blood, whereby it is apt to obstruct the Lungs) and since it doth make the *Chocolata* to agree better with the Stomach, then otherwise it would. I have faithfully declared already the judgment of several Writers concerning *Achiote*. It is generally put into *Chocolata* by the Indians, and Spaniards, and Portugheses; and that none should ever observe in it a particular repugnancy to the Brain, or a quality, that might give ground for such a surmise (which I cannot by my taste) is very strange: and how probable the thing is, let others judge.

Since the writing of the aforesaid Passage I have received the complaints of a fair Lady,

dy, who thinks, that taking of my common *Chocolata* with *Achiote* in it, the Head-ach (whereunto she is Naturally, as well as by her condition of being with Childe, prone) is encreased; and that it doth create a more then usual heat in her Face, and Body; and indeed I my self, taking for sundry days of the same *Chocolata*, found, that, taken in *Paste*, or *liquour*, it did cause in my *Stomach* and *Body* a greater and particular heat, which before I never felt. To finde out the cause of this Accident, I examined the Person, that made it up, and I found, he had varyed his *Achiote*, and used a new parcel, (which to me seemed not so good) which in the same weight did yield a deeper colour by farr, and occasioned, as I thought, the aforesaid Case, which did not happen when I used another sort, which to me seemed more pure, then the last used. But I did further observe, that the *Chocolata* complained of did promote *Expectoration* beyond any other, I ever took to eat, or drank: so that I conceive, in Case of *Asthmas*, and *stuffings from Phlegm*, such a sort of *Chocolata* might agree well. As to the heat of *Achiote* it self, I could not perceive any more in the last, then in the other; nay, I must profess, I think, that five Grains of the said *Achiote*, taken by it self, did not so much heat me, (nay, it did not cause in me any sense of heat) as did half a Dram of *Chocolata-paste* already mentioned:

yet

yet in sixteen Ounces thereof there was but one Scruple. And this Consideration puts me in mind of the *Indian* remark, that *Achiote* (though destitute almost of *Taste*, and *Smell*) doth amend the *Taste*, and *Smell*, (which it may do, as well as the heat) of the other Ingredients. And though it be not sensibly hot, yet by its penetrancy, and the great attenuating faculty it hath, it may occasion some Distempers in the Head, where the *Blood* is already so attenuated, that it admits no further Rarefaction without indisposing the Head, which (according to *Mechanical Philosophy*) must needs receive a greater afflux of *Blood*, the thinner it is. In the choice of *Achiote* I can only give this Rule, that it be solid, not soft, rather pale-red, then deep, free from seeds, or greenish bulls within; and not musty. As to the quantity to be put in, I finde it is impossible to determine the proportion, by reason of the variety of *Achiote*: but take the *Indian* Rule, recorded in *Ledesma*, to put in as much, as will colour it: (and that not deeply) and adhere not to what was prescribed me, viz. half a Dram in each Pound: which though it proved well in the first Essay I made for His Majesty, the *Achiote* being singular; it hath since displeased me.

The way, in which I choose to take *Chocolata*, is sometimes to mix two parts of water with one of milk, and to dissolve the

Cho-

Chocolata-paste therein with an Egg: for I care not for *milk* alone. But most usually I take *three quarters of a pint of good* [Conduit] water well-boil'd, and dissolve in it (stirring it frequently with a Spoon) *one ounce of Chocolata*, and *two ounces of fine Sugar*: having let it stand before a moderate fire to dissolve, when it is so dissolved, as that the liquor seems very fatty with a yellow fat, and that there sticks to the spoon an undescribable unctuousness, or oyliness, (however that the *Chocolata* be not half dissolved, but that a great part of it still swim in great flakes, and small parcels, up and down) I proceed to mill it very well, and then set it to the fire again to dissolve more perfectly: and having let it stand a good while (even till it be ready to boil, or near upon it) I mill it once more with great diligence: and then either drink it alone (which is the common *Indian* and *Spanish way*) or putting in one Egg (*white and yolk*) without ever beating it before breaking it into the water, and immediately milling it very hard, sometimes playing the *molinet* (and that most, at first especially, to break the Egg, and hinder its curdling) on the top of the water, and sometimes at the bottom. And I have observed, that by this course the *Chocolata* (when taken without an Egg) becomes better tasted than otherwise it would: and, if an Egg be put in, the *Chocolata* is far better dissolved, and

and swims with a greater oyl or fat on the top, than if the Egg were put in sooner, and never so long milled. Nor doth the Egg harden, or *curdle*, if dropped in whole without beating, but dissolve better (if *nimbly milled*, and that towards the top, where the Egg floats at first) then if it were beaten much, and put in afterwards by little and little.

I prepare no more at once, than I drink that time: not that I feel any offensiveness in what hath been once heated, and cold, before it be *heated again* for me: but because I finde an observable difference betwixt *fresh* and *old Chocolata-liquor*: the *Spice* evaporating their more subtle parts. But the discrepancy is not such, as is in Pottage, or Gruel, &c. twice heated: nor do I know what reason the *Spaniards* have to prohibite so severely the use of *Chocolata* twice heated. I drink it moderately hot, and dip a piece of *diet-bread*, or *wig*, &c. in it. I drink it without proportion, but commonly half a pint, or more: and this I do twice or thrice in a day (nay, before Dinner) with a sensible refreshment; finding it to keep my body soluble enough, as I could wish; though otherwise I am inclined to costiveness. Sometimes I put in a spoonful of *Orange flower-water*; which gives it a

M most

n Mr. Gage Chap. 15. to begin his journey drinks *Chocolatte*; and eats a *Maple-bread* with a little Conserve: — and in the same Chapter, that we may know how *hot* he drank it, he calls it a *scalding cup* of his *Chocolatte*.

o Vide Lipsium
in Eleth.
Stuckium lib.
3. De Conviviis
Mercurialem,
&c.

p Augen. Epist.
t. 3. l. 10. Ep.
30.

q Valles. Phi-
los. Sacr.

most excellent taste, if the water be good: Sometimes (if I am faint with business) I put in a glass of good Canary , or Malaga-Sack: in which I imitate the antient Romans, who did usually mix their old and well-bodied Wines with hot water, which in several houses, call'd *Thermopolia*, was kept always ready for entertainment. And this practise of theirs is asserted by *Campanella* for the most wholesom way of drinking Wine. And *Costaus* tells us, that for a weak Stomach there is not any thing more profitable; then a draught of hot Wine; which I have known experimented in England with good success, not only in the case mentioned, but in sundry *Atrophies*, and *Consumptions*. And *Vallesius* tells us, that, however it be Proverbially said, that *Wine is the old Man's milk*, yet is it indigestible, if it be not first heated. I have sometimes Aromatized it with a few *Sassafras* Chips, not unpleasantly. They, who would put in *emulsions*, or the like, must dissolve, and mix the *Chocolate* with less water, and having mill'd it well, then put in the *emulsion*, &c. and mill it again.

As to the times, whereat I take it; I observe none particularly, besides the taking of it in a Morning, and Evening: Sometimes sooner, sometimes later, as occasion permits. Nor do I regard the quantity, taking frequently a pint, but usually above half a pint: eating toasted wig, or diet-bread often with it. What it may do to others, I know not; but

but I never found my sleep retarded, or disturbed by it: it is possible, some may finde it otherwise; for, if Sleep be a relaxation of the Nerves, and vacation from sense thorough wearisomness of the Organs, what corroborates Nature, and dispells wearisomness, may (without its disparagement) retard sleep.

I have often wonder'd to hear upon how inconsiderable causes many complain; though they have no occasion to sleep: yet, if they sleep not at certain times, they entertain strange thoughts of their danger of sickness, and condemn the occasion of it presently. So, if they eat not flesh at least once or twice a day, they repute their Stomach to be lost, and imagine they must dy: not regarding, that the end of food is to repair the defects of Nature, and prevent its decay for the future: and, when we enjoy these ends, we are not to be solicitous of any particular means further to procure what we already possess. To Eat, to Drink, to Sleep, were there no need thereof, were folly: and he makes Reason submit to Custom, or Conceit, who Eats, Drinks, or Sleeps, when he is sensible, there is no necessity of it; and incurs by a superfluity dangers, he would avoid. *Nizolius*, the great *Ciceronian*, slept not of ten years: others have watched longer (as you may read in *Heurnius*) without prejudice. Several have never drunk, and others have, to avoid a Dropsie, or the like, for a long time refrain'd all Drink; and

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done

done as well, or better then others : and the case of Rabbits, Sheep, and sundry Birds, evidence the possibility of the Antient and Modern Relations in this case. As for Eating, except the Maid of *Consolans* (recited by *Citesius*) I can hardly credit any, that have subsisted without that : but without doubt a greater temperance might be practised therein, then is used. And, upon the aforementioned Account, some cry out upon *Chocolata*, as if it destroyed their sleep ; others, that, taking it, they can eat no Diner after it, it preventing their appetite thereunto : but, would these people be pleased to think, that *Chocolata* feeds more then their Diner, of the loss of which they complain, and that they are in no danger of dying by hunger, whilst they feed hereon, the formality of eating a second Meal would not be insisted on. I must profess, I never could observe in my self any alteration of my Stomach by drinking *Chocolata* in a Morning : and, if any have, it is because their Stomachs are weak, and that their Diner would not digest well with them, if they had it. Is it not sufficient, that *Chocolata* offends not their Stomach ? and that their Blood depurates it self (upon the taking thereof) by Sweat, Urine, Stool, and Expectoration ? Let them but consider, how apt Meat is to corrupt on the Stomach ; how little it agrees with a weak Stomach ; and how binding its remanency, or earthy parts (as they call them)

them) are : since that in Fluxes it is recommended for an excellent Remedy to give the reliques of the meat, out of which all the strength is Boil'd or Pressed in Jellies and Cullices :) and let them see how much they are hurt by being put by such a Meal.

I shall conclude with this Advise ; that however the *Chocolata* be good ; and that such, as stand in need of quick refectiō, are to be fed with Drinks ; which yield a more speedy nourishment, then others : yet is there Caution to be used in the taking even of the best : for thus my Spaniard directs, whose Prescript agrees with my *Chocolata Royal* almost.

In quantitate hujus potionis sumenda, & vicibus numero repetenda, est prudens certe cautio adhibenda : nam, si plus justo, & pluries quàm calor Stomachi ferat, ingeratur, tunc adhuc robusto Stomacho multum negotii facessit, & vices repetita onera sunt plenis, & maximè quando non ad tollendam, sed ad irritandam famem queritur ; indè enim pallor, & nervorum cruditate madentium tremor accidit, & miserabilis ex cruditate macies ; indè distensus venter, & decolor vultus ; aliquando vertigines, & capitis dolores, & fortè longa febris, & insuperabiles varicose obstructions, unde Hypochondriaca Melancholia, & ex varia multiplicique cruditate affectus planè contrarii : iis tamen malis minus erunt obnoxii, qui se non tantis deliciis solverint ; qui sibi prudenter temperantes im-

(Vide Alex.
Trajan. Petron.
De vitu Ro-
man.

perabunt, & Corpora opere & vero labore exercebunt: hos enim innaxie non tantum Chocolate, sed cibus excipiet, qui non nisi esuriendi potest placere. Necesse est enim, ut ex discordi cibo morbi contrarii etiam oriuntur: & hac nobis hodie unica videtur ratio, quare in Hypochondriaca Melancholia tam confusa & contraria, & longè inter se dissimilia obferrentur accidentia; & in plerisque Febribus ex contrariis naturæ partibus, quæ in eandem compulsa redundant. Et hanc propter rationem apud aliquos reor Chocolate noxii opinionem subisse; non quod illud sui ratione mereatur: quinimò, si temperatâ frugalitate adsumatur, magnas utilitates omnes expertum iri, nobis est indubitata fides; neque displicet, sub hac frugalitate, post prandium & cœnam (maximè moderatâ) parùm de Chocolate pitissare; ut utroque calore suam digestionem perficiat Stomachus, & inde facultates roborentur, ac, plerisque impediens ablati, melius perficiatur cœtio: quod te experientia feliciter docebit, & moderatio usum securiorem faciet. (That is,) There ought to be a great caution, and prudence, used in the number, and quantity of those draughts, we take of Chocolate; for, if it be taken in too large a quantity, or too frequently, so as Nature cannot overcome it, it becomes troublesome even to the most strong Stomachs, and often usage makes it a burthen, especially, if it be taken rather for wantonness, then necessity, to cause, and not allay hunger:

hunger: for from this cause happens Paleness, tremblings, and Palsies of the moistened Nerves, and a miserable leanness occasioned by Crudities; the Belly is distended; the Countenance is discoloured; sometimes Giddiness, and other Aches of the Head, and Chronical Agues, and Fevers, and insuperable Obstructions in the Varices, as also Hypochondriacal Melancholy, and Diseases of a different Nature springing of several Crudities: but such are least obnoxious to these Distempers, as do not debilitate themselves with Luxury, who command their Appetite, and keep their Bodies in much exercise; for these may take not only Chocolate, but other sustenance at any time without danger: no food being good upon a full Stomach; for from a repugnancy in the meats ariseth a repugnancy and difference of Diseases: which is in my judgment the reason, why in Hypochondriacal Melancholy there is observed such a variety of Accidents, as also in many Fevers, by reason of the several Heterogeneous parts commixing occasionally together. And I suppose, that the aforesaid cause moved many to imagine Chocolate to be somewhat hurtfull; not that it really deserved that imputation: for, if it be moderately used, it is my assured perswasion, that all will finde great benefit thereby. Nor am I against it in them, that practise such moderation, if they

So did Mote- they take it after Dinner, or Supper (both
 zuma, as I shewed in the beginning our
 of Bernaldus accessional of Chocolate, may better con-
 del Castillo. cost, and strengthen the Faculties, and dis-
 sipate what might impede digestion. And
 this Experience will teach: and it is no less
 true, that it is moderation, that makes it
 safe to take *Chocolata*. I shall conclude
 this Discourse with the Judgment of the
 Learned Roblez, Physician in Peru, which
 is as follows.

The

The Judgment of Roblez a Licentiate Physician in Peru concerning Cacao, and Chocolate.

EL Cacao es frio, y seco, de su templansa: y per esto tienen partes astringentes, con que opila. Esta oi el mas valido de quantas mercaderias oi: y esta tan adelante, que ai majorasgos fundados sobre sus heredades, de a dies, y dose mil ducados de orenta. Es el Cacao summamente alimentoso, por donde hace dudar de su templansa. El aceite, que sale del, quando se cuesse, es blanco, y granujado, que mas parecer manteca. Sacasse tostandolo en casuela de barro, y no es bueno en metal. Muelese el Cacao en la piedra, y con mano de piedra, estando calientes ambos, y echada masa, se pone en puchero al fuego, en las brazas, y en tomando calor sale encima la manteca, y aceite mas rubio que la llama, y de su mismo sabor: assi mismo se tuesta para hacer la bebida. Pero quando le uan moliendo, o passiendo por la piedra, le mesclan, anis, canela, y algun clauo; echando a tres libras de Cacao, dos onzas de anis, una de canela, y media de clauo,

clavo, con esto, pasan por la piedra dos o tres veces, y luego le echan en caxitas, ole hacer panecillos de a onsa, que as lo que adelleuar una Xicara de bebida: este es el Chocolate regalada, y mas sano, y el, que bebe la gente regalada: otros le echan harina de mais, y en la Nueva-Espanna viscocho, molido, pero esto de mas de hacer, el Chocolate de poca dura, es enfermo, por que la harina, que le echan, no cosida, aun que va tostada es de mal mantenimiento, y causa opilaciones, y otros mil achaques: tambien le mesclan en otras partes con Achiote, por ser a proposito para la orina: el modo de hacer la bebida, es este. Lo cuesse desaziendo la pasta en proporcionada cantidad de agua, poco mas de medio quartillo, y dos onzas de asucar, una de Chocolate, y cuesse en una olleta uno o dos hervorres al fuego, y le dan con un molinillo hasta llevar espuma, y quanto caliente se puede se bebe; el que se bebe desta manera, se tiene por mas sano: no soi de parecer, se tome muchas vezes, por que inquieta el cosmimiento, y carga el estomago de muchas crudelas. El Cacao comido considerado, por la tarde quieta el suenno des toda la noche. Solo es bueno para los Soldados, que estan de posta. La mantera del Cacao es de grande

grande provecho, para las inflammaciones, y para qual quiera fuegos, y quemaduras; y sobre todo, para el tiempo de las viruelas, y se-rampion, y ampollas, y llagas, securan untandose a menudo, con a quel aceite, para el principio, aumento, estado de la Erysipela: es gran sedante, y el mayor anodino para el dolor, que causan sus costras, y postillas: para los labios abiertos, y grietas de las manos, y en el rostro: para las enziias, que manan sangre con dolor, se les quita efectos bien contrarios, pero mejor conocidos por la experientia.

That is in English as follows.

‘The Cacao-nut is cold and dry in its
 ‘temperament: and thereby it hath
 ‘parts adstringent, wherewith it obstructs.
 ‘It is at this day the most rich Merchan-
 ‘dize in the Indies: and it is of so high an
 ‘esteem, that they settle by right of
 ‘Primogeniture on their Eldest Sons
 ‘Farms of Cacao, which yield annually
 ‘twelve thousand Duckets. The Cacao-
 ‘nut is exceeding nourishing, which
 ‘makes People doubt concerning its par-
 ‘ticular temperament. The (a) Oyl, that
 ‘comes from it, when it is boil’d, is white,
 and

^a Rather fat.

b And into *bigger bodies* rather to be a sort of *butter*: it is to be
 too, upon long *infusing*, and *decocting*.
 c This is bet- *ter* done on a *Stone-table*.
 and imbodyes into (b) *Grains*, which seems
 extracted by roasting in a large *earthen*
pot [such as we bake meat in] and it doth
 not well in a *brass vessel*. The Nut is
 grinded in a *Stone-Mortar*, with a *Stone*
pestel, (c) both of them being hot; and, be-
 ing made into a paste, it is set on a
 'Charcoal-fire' in a *Pipkin*, and, as it
 'heats, there rises up to the top the but-

d This is true, if the *Cacao-paste*
 be long digested on the fire,
 and never mill'd: and it is to be
 seen only whilst it is hot; for,
 being cold, you have only a
fatty water, and some large
lumps of fat floating, whilst
 the *lesser grains* sink, or strike
 against the side, all in very dif-
 ferent and irregular figures.

'ter, (d) and an *Oyl* more
 'red then the flame or
 'fire [of *Charcoal*]; both
 'having but *one taste*. In
 'like manner it is *roasted*
 'to make the Drink. And,
 'as they grinde, or beat it
 'up in a *Mortar*, they mix
 'with the Paste some *A-*
 'nise-seeds, *Cinnamom*, and a few *Cloves*; ad-
 'ding to three pounds of *Cacao* two ounces
 'of *Anise-seeds*, one of *Cinnamom*, and
 'half an ounce of *Cloves*: with which
 'they grind it on the *Stone* two or three
 'times: and then they put it into
 'little boxes, or they make little Cakes of
 'one ounce-weight, which is the propor-
 'tion of *Chocolata* to make one draught.

' This

' This is the Royal *Chocolata*, being the best,
 'and most wholesom, and which is drunk
 'by the Nobility, and Persons of the best
 'rank. Others mix with it the flower
 'of *Maiz*: and in *New-Spain* they mix
 'therewith the fine Powder of *Bisket-*
bread: but this sort of *Chocolata* lasts not
 'long to keep, is not good, but *weak*; be-
 'cause the flower of *Maiz*, which they put
 'in, is not boil'd, and prepared; and though
 'the *Maiz* be prepared by roasting, yet
 'it yields but bad nourishment, it begets
 'Obstructions, and a *thousand Aches*, and
 'Distempers. In other parts they mix
 'with the *Cacao-paste* some *Achiote*, which
 'serves to provoke (e)
 'Urine. And the way of
 'making their *Chocolata-*
 'drink is this. They
 'scrape the *Cacao-paste*,
 'and dissolve it in a pro-
 'portionate quantity of
 'water, to a little more
 'then half a pint of wa-
 'ter they put in two ounces of *Sugar*, and
 'one of the *Paste* of *Cacao*, and they let
 'it boil in a pot one or two woulms over
 'the fire, and then they mill it, till it rise
 'with

e In those hot Countries men
 are very apt to be troubled with
 retention of Urine: which is
 the great reason, they still mix in
 their Compositions what pro-
 vokes Urine; it being usual even
 here for those, that sweat, and
 transpire much, to make less
 water: wherefore we see, that
 in Colds the Urine is more then
 ordinary.

' with a large froth ; they drink it as *hot*,
 ' as they can possible : and they, that drink
 ' it so, think it to be *most wholesom*. And
 ' I am of the Opinion, that it ought not
 ' to be drunk too often : because it disturbs

f If it be taken too soon after
 meals ; in which it hath no pe-
 culiar inconvenience, but what
 is general to any Sustainance :
 and it hurts least, because less
 apt to corrupt, then other food
 is.

' (f) Concoction , and
 ' loads the Stomach with
 ' many Crudities. The
 ' *Cacao-nut* being made
 ' into Confects, [as *Al-*
 ' *mond-confects* are made]

' being eaten at night, makes Men to wake
 ' all night-long : and is therefore good for
 ' Souldiers, that are upon the Guard. The
 ' *Cacao-butter* is excellently usefull in case
 ' of Inflammations, and any scalds, or burns ;
 ' and especially in the small-Pox, and
 ' pustulous Tumours, and eruptions from
 ' heat, and Bruises : they are cured by a-
 ' nointing therewith in the beginning, en-
 ' crease, state, or declination of the *E-*
 ' *rysipelas*, or St. *Antonie's-fire*. It is a great
 ' cooler, and allayer of pains created by
 ' Crusts, or Scars upon Sores, and Pimples,
 ' and in chopped Lips, and Hands, and
 ' Face, and Gums, which bleed, and are
 ' dolorous. It produceth effects very various,
 ' and contrary one to another, which are
 ' best known by Experience. An

An account of the Distillation of the *Cacao-nut* perform'd by Mr. *Le Febure*.

WE took eight Ounces of the *Cacao-*
nut, and, without hulling them,
 beat them to a gross powder, and put them
 in a Retort : we found the body so fix'd,
 that with an ordinary Fire there came no-
 thing over, but a white liquour in a very
 small quantity, so clear as water : which
 we suppose to be the Phlegm. Then we
 encreased the Fire to such an heat, as if we
 had been to draw Spirit of Vitriol : then
 there came over (within the space of
 seventeen hours Operation) first a Spirit,
 that was as white as Milk, in Va-
 pours ; and, whereas all other Spirits u-
 sually ascend in the Recipient, these did
 descend, and fall to the bottom : and after
 that (but with a great reverberating Fire ;
 such as he never put to any Vegetable)
 there came over the Oyl, which was red
 as blood, but clear ; resembling any Tin-
 cture for clearness : after it was cold, it be-
 came

came thick, like to the Oyl or Butter of Wax for consistence.

The *Caput Mortuum* weighed one ounce, and seven drams; of the Spirit there was about two ounces: and the remainder Oyl, three ounces and an half; besides what was lost in filtrating, and other contingencies. Upon Separation, the Spirit was as red as blood, like to any exquisite Tincture of *Santals*; however it were white in the first distilling: which is to be attributed to its being commix'd in the distilling with the subsequent Oyl. The Spirit was not very hot, but exceeding penetrative, and not unpleasant as to smell, or taste, as other Spirits drawn from blood, or flesh, are. But, however it had not any *empyreuma*, nor had that odiousness, which attends Spirits drawn from flesh, yet had it an evident affinity (but with a peculiar in mildness) with flesh. The Oyl was not very unpleasant, but miraculously piercing, (the Volatile Salt, of which there was a great quantity, being unseparated) and had an unexpressible Aromaticallness upon the tongue; and seem'd very much to delight and refresh the Heart, and Stomach: but with a great resemblance still of flesh.

The

The *Caput Mortuum* had no taste at all, was exceeding light; and carryed with it in smell Testimonies of an affinity with fat flesh, when broiled.

We had not time to pursue a more accurate enquiry into the several Liquours, and Parts, into which the first appearances of this Distillation might be further resolved: but that there may be a very great exercise for further Curiosity in the Distilling of this Nut appears hence; that the Spirit in a short space became not only *turbid*, but *sour*, and manifested it self to contain a *Vinegar*: which is not yet examined; but the Honourable Robert Boyle Esq; hath promised to make some *Essays* about it. I would not have any offended at the novelty of finding a *Vinegar* in the *Cacao*; for it is an *acid ferment*, that we owe our digestion to: and we ought rather to admire the Nature of this Nut, which includes in it self not only Principles for nourishment, and food, but even of concoction: and from hence we may observe, what it is, that makes it so agreeable to all, even to the weakest Natures. Besides Mr. Boyle told

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fine of several Oyls, he observed in it upon Distillation, the several effects and differences whereof are not yet, through want of time, discovered.

I have nothing more to add now, being just ready to go on Ship-board ; but that I have since met with a Person, whose long Converse and Curiosity in *Spain* have enabled him to judge of *Chocolata* : he informed me of many things so, as to satisfy me, that the course I make *Chocolata* by, is exact : and that, what I have taught *Mortimer* to make, hotter then my ordinary way, is the true *Chocolata* of *Guaxaca*, and most celebrated in the *Spanish* Court. And I am to acquaint the Nation with a piece of his Intelligence, which was my own Conjecture before, that to make *Chocolata* into *Sweetmeats*, and *Almonds*, it is this *Chocolata* of *Guaxaca* (a Present of which I designed for Her Majesty, had She arrived before my departure, and some whereof is in the hands of the Lady *Wood*) wherewith the said *Confects* are to be made : for milde *Chocolata* will grow *insipid* upon so great a commixture of *Sugar*. Any one may have

have it at *Mortimer's* made for them, if they be-speak it by the name of the *Queen's Chocolata*, as the other bears the name of *Chocolata-royal*, which had His Majesty's approbation. There is a sort of *Chocolata* made by Sir *H. Bennet*, which, if I have seen the right Prescript, is conformable to what I understand to be the practise of the *Spanish* Court : yet differs a little from mine, and hath a greater proportion of *red Pepper*, then I allow *English-Men*, however it may suit with the *Female Sex* pretty well. It hath *Musk* in it in as great a quantity, as I put *Amber-grise* in mine : but I think *Musk* not so healthfull in many ; for it begets a great fusion and fermentation in the Blood, so as that it causeth it to boil, and colour the face : besides that a little *Musk* chewed is observed to make wounds to bleed ; with many other Instances, which I have not time to recount, but shall in the next Edition ; with Experiments of my own about it in the making of a sort of Pies with *Almonds*, *Pistachias*, *Marrow*, &c. and *Musk* sometimes, sometimes *Amber-grise* : which as it is a Dish I love sometimes, so was I pleased with several Observations I made by putting *Musk*

and *Amber-grise* in it. If any will have any made with *Musk*, and those other Ingredients, which a little diversifie it from my *Chocolata-royal*, or that, which I call the *Queen's Chocolata*, I have told *Mortimer* the way: so as they may have it either *milde*, or as *hot* as Sir *H. B.* makes it.

The Gentleman further informed me, that he found *Chocolata* to keep his body *soluble* (as did my much Honoured and Learned Friend Dr. *Quatremaine*, Physician-in-Ordinary to His Majesty:) and if it ever fail'd to do so, he then took it in bed, half an hour before he rose, and it never fail'd to give him a *Stool*, as soon as he was up. He told me, he used to put *butter* in his: and he told me, that they used to take it in *Spain* after they have taken a *little conserve*, *bisket*, or a *salt bit* in a morning. He further told me upon his *Experience*, that, being desperately vex'd with the *Piles*, he took the *Butter* of *Cacao* (which is the fat I mention, that arises from digesting the *Cacao's simple paste* in water, till the *Fat* be drawn out) and melted it, and anointed therewith, and it did not only cure him presently, but that he never had them since. I have not time to enlarge on the several
Ex-

Experiments I have since had account of: but I have many more Reasons to recommend it in case of *Hypochondriacal Melancholy*. But I must conclude, adding the Discourse of St. *Austin*, which I hinted at before, because it contains some *Observations* not ordinary in *Physick*.

The Judgment of St. *Austin* in his Book Of
the *City of God*: which was too large
to be inserted before, pag. 136.

Lib. 14. Ch. 23.

— **T**His Contention, Fight, and altercation of Lust, and Will, this need of Lust to the sufficiency of the Will, had not been laid upon the wedlock in *Paradise*, but that *disobedience* should be the Plague to the Sin of *disobedience*: otherwise those *Members* had obeyed the Will, as well as the rest. The seed of Generation should have been sown in the Vessel, as Corn is now in the Field. What I would say more in this kind, Modesty bids me forbear a little, and first ask pardon of chaste ears. I need not do it, but might proceed in any Discourse pertinent to this
Theme,

Theme, freely, and without fear to be obscene, or imputation of impurity to the words, *being as honestly spoken of these, as others are of any other bodily Members.* Therefore he, that readeth this with unchaste suggestions, let him accuse *his own guilt*, not the nature of the *Question.* —

Ibid. Ch. 24.

Man therefore should have sown the Seed, and Woman have received it, as need required, without all Lust, and *as their wills desired*: for, as now we are, our articulate Members do not only obey our Will, our Hands, or Feet, or so; but even those also, that we move but by small Sinews, and Tendons, we contract, and turn them as we list: as you see in the voluntary motions of the Mouth, and Face. And the Lungs, the softest of all the Entrails, except the Marrow, and therefore placed in the Arches of the Breast, far more safely to take in and give out the Breath, and to proportionate the Voice, do serve a Man's Will entirely, like a pair of Smith's or Organ's Bellows, to breathe, to speak, to cry, or to sing. I omit, that it is natural in some Creatures, if they feel any thing

bite

bite them, to move the skin there; where it bites, and no where else; shaking of not only Flies, but even Darts, or Shafts, by this motion. Man cannot do this: what then? could not God give it unto what Creatures he listed? Even so might Man have had the Obedience of his *lower parts*, which his own Disobedience debarred. For God could easily have made him with all his Members subjected to his Will, even that, which now is not moved, but by Lust: for we see some Mens natures far different from other-some; acting those things strangely with their Bodies, which others cannot do, nor hardly will believe. There are, that can move their Ears, one, or both, as they please. There are, that can move all their Hair towards their forehead, and back again, and never move their Heads. There are, that can swallow you twenty things whole, and, contracting but their Guts a little, give you every thing up as whole, as if they had put it into a bag. There are, that can counterfeit the voices of Birds, and other Men, so cunningly, that, unless you see them, you cannot discern them for your hearts. There are, that can break wind *backward* so artificially, (a) that

a Lud. Vives upon this place tells us, that there was such an one, a German, about Maximilian's court, and his Son Philip's, that would have rehearsed any Verse whatsoever with his tail.

you would think they *sung*. I have seen one sweat (b) when he lifted : and it is sure, that some can weep when they lift, and shed Tears plentifully. But it is wonderfull, that divers of the Brethren tryed of late in a Priest call'd *Resstitutus*, of the Village of *Calaman*, who, when he pleased (and they requested him to shew them this rare Experiment) at the feining of a lamentable sound drew himself into such an Extracie, that he lay as dead, senseless of all punishing, pricking, nay even of burning, but that he felt it sore after his waking. And this Rapture was found to be true, and not counterfeit in him, in that he lay still without any breathing : yet he said afterwards, that, if one spake aloud, he thought he heard him, as if he were afar off. Seeing therefore that, in this *frail State* of ours, the Body serveth the Will in such extraordinary effects ; why should we not believe, that, before his disobedience, the first Man might have had his means, and Members of Generation, without Lust ? But he, taking delight in himself, was left by God unto himself, because he would not obey God. *And this proves his misery the plainer, in that he cannot live, as he would.*

FINIS.